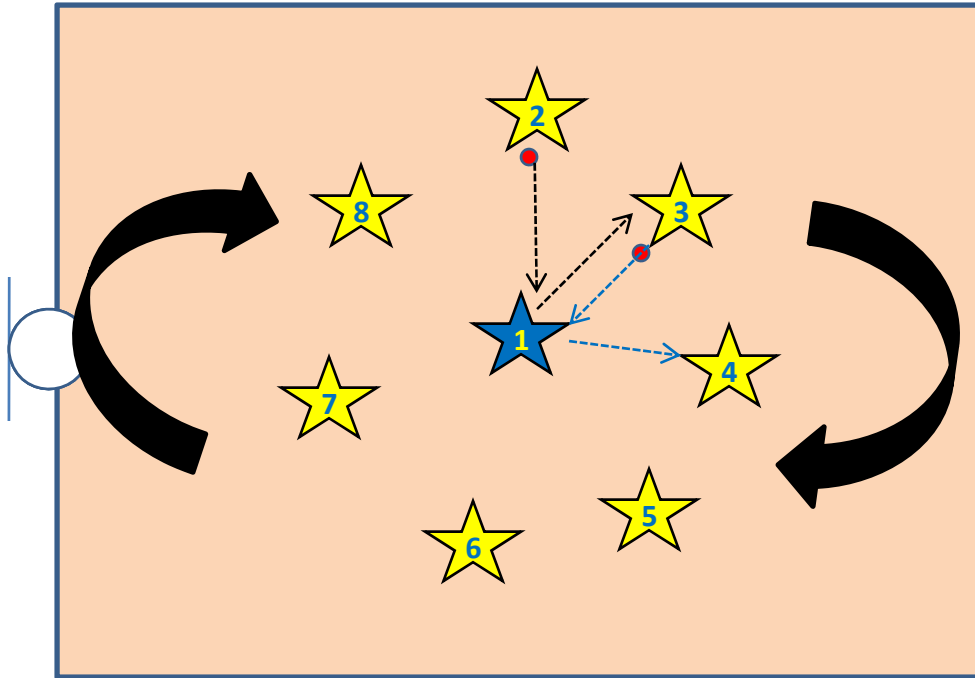


Ring of Fire

Rapid-fire passing game



SET-UP

- You need 2 balls for this drill.
- Form a circle with one player in the middle.
- Start going in a clockwise fashion, then reverse.

EXECUTION

- Player 2 initiates the first pass to Player 1.
- Player 1 receives the pass, pivots and passes to Player 3.
- Player 3 also starts with a ball, but waits and passes simultaneously as Player 1.

Switch players and go until all players have had their turn in the middle.

TEACHING POINT

Have your middle player always receive passes and pass quickly as possible while pivoting on one foot.