

**Procedure:**

There are two teams of six players, a passing team and a dribbling team. The passers play two balls back and forth across the field and have a two touch limit. The dribblers have two shuttles, each dribbling a ball back and forth across the field. The dribblers may stop and start as they dribble but they may not change direction. The passers score 1 point for hitting a dribbler below the knees with a ball and 3 points for hitting their opponent's ball. 3 points are deducted from the passers for hitting a player above the knees. Also, 1 point is deducted from a passer for taking more than two touches. For the dribblers, 1 point is deducted for going backwards or sideways or for losing control of the dribble. During games, each team gets five minutes as the passing team.

Coaching Points:

- 1 Preparation – Be on your toes to receive the ball, and direct your first touch as you control it.
- 2 Ball Striking – Hit the top half of the ball in order to keep it on the ground.
- 3 The Driven Pass – Use the shoelaces to strike a long, hard pass with backspin.

Progressions/Regressions:

Progression 1 – Play on a smaller field (shorter passing distance) and limit passers to one touch.