

CIRCLE PASSING

① SETUP

- Players form a circle.
- Two balls are in play.
- Using the forehand players pass ball to any teammate in the circle.
- Using the backhand players pass ball to any teammate in the circle.

GAME

Players must say the name of the player they pass the ball to.

PASSING TECHNIQUE

- Allow for cross body passing.
- Begin with ball behind the back foot on the heel of the blade.
- Sweep the ball toward partner, using the push/pull action with the hands and a low follow through pointing stick at target.
- Transfer weight from back leg to front leg as the ball is swept.

RECEIVING TECHNIQUE

- Receiver presents a full target with the stick blade.
- Reduce grip tension in the bottom hand to cushion the ball with a short catch using the hands and wrist.
- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free away from the body, rotate upper body.

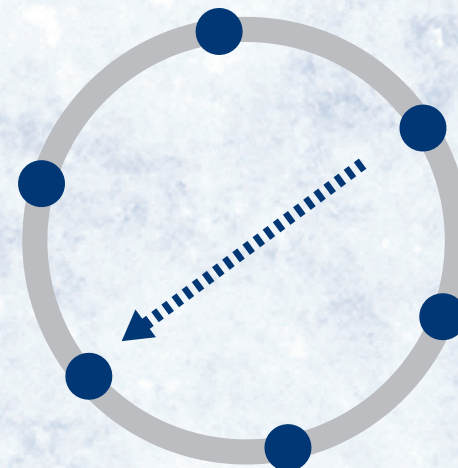
Backhand-use same technique.

ADVANCED

Players pass ball on forehand but receive ball on backhand.



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● PLAYERS

①

