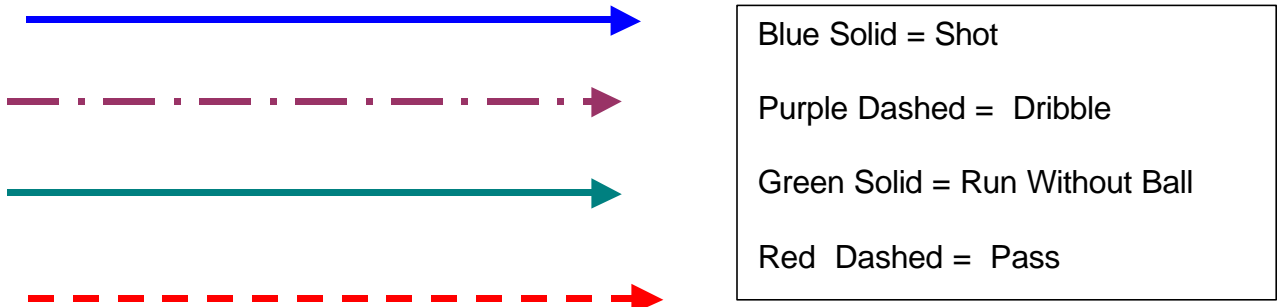


Basic Pass/Receive Pattern #2: TakeOvers

The following convention is made.

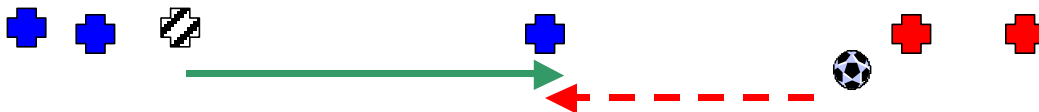


This is a simple pattern involving 4 to 5 players and a ball. Start them out as shown, about 15 to 20 yards apart depending upon age and skill. I know it looks like a “line drill” but trust me there is plenty of movement and little standing around.

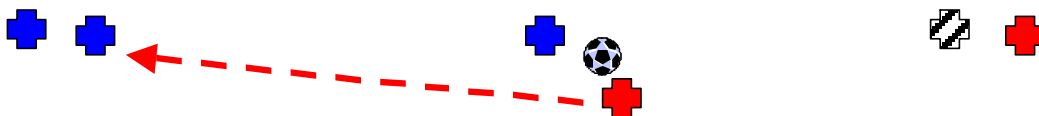
First pass is the length



First player follows their pass and receives the ball back



Player who last passed the ball checks to the player now with the ball at the center of the area and receives a takeover. They control the ball and pass again to the first person in line.



The sequence is then restarted.