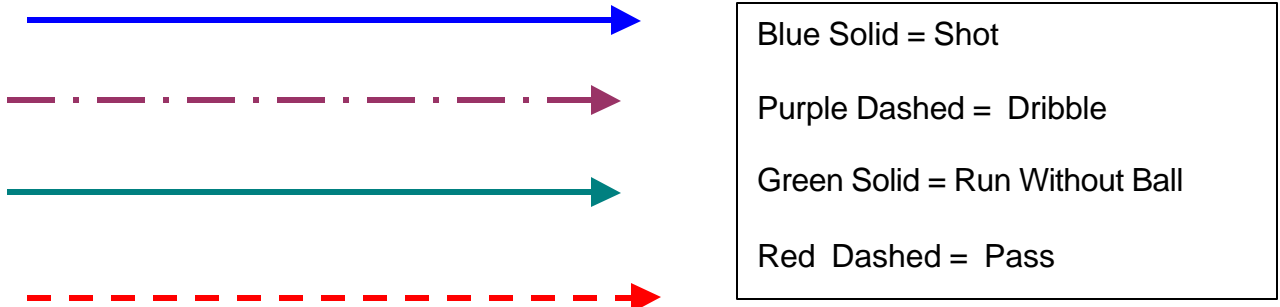


Basic Pass/Receive Pattern #5 - 1-2 Combination

This is a simple pattern that emphasizes checking at a diagonal, setting the hips correctly and performing the give and go.

The following convention is made.



Set Up and Execution

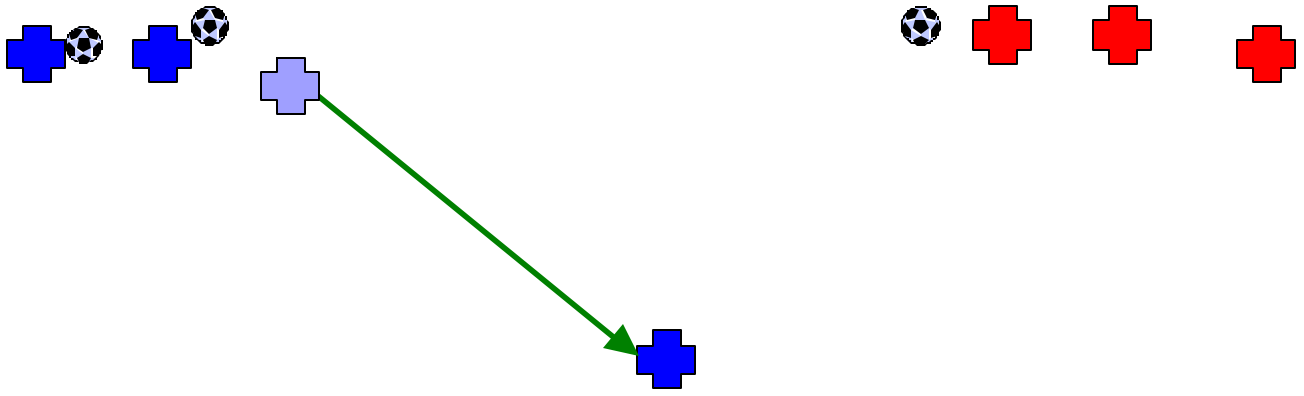


Set up two sets of players facing each other. One set has a ball, the other does not

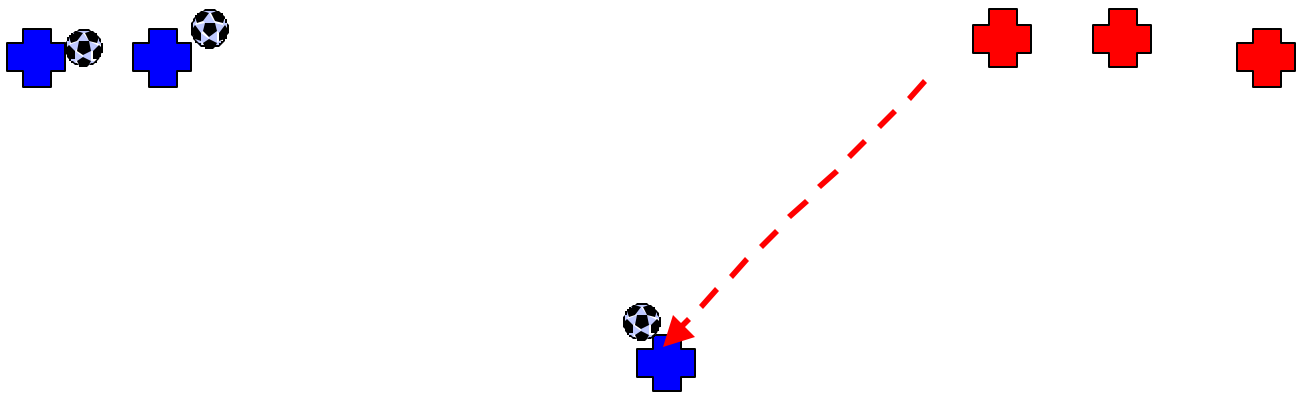
First pass is a long one from one line to the next



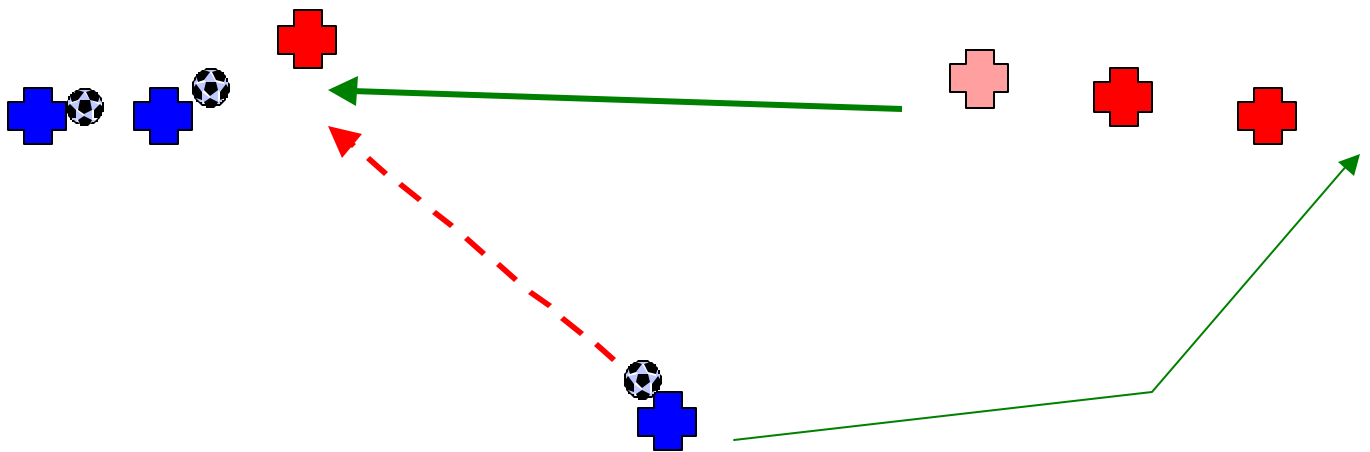
Player making the pass makes a *diagonal* check to a point midway between the two lines



Player on line 2 (red line if you have a color screen/printer) now returns the pass to the checking player



Player making the pass now makes the give and go run and receives the ball back.



Coaching Points

- Have players request pass by eye contact and by making the checking run
- Make sure that the player making the give and go pass has opened their hips to the field so that the pass comes across their body and they can effectively return it to the runner
- Work from both sides of the field so that both feet are used to return the ball
- Start exercise as two touch and progress to one-touch

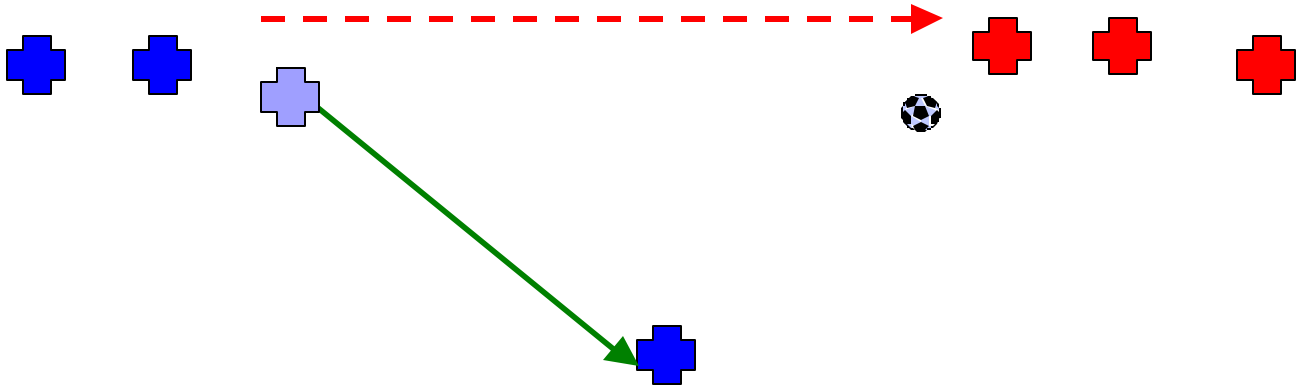
Alternate Idea #1

Put a couple of extra touches into the exercise as shown

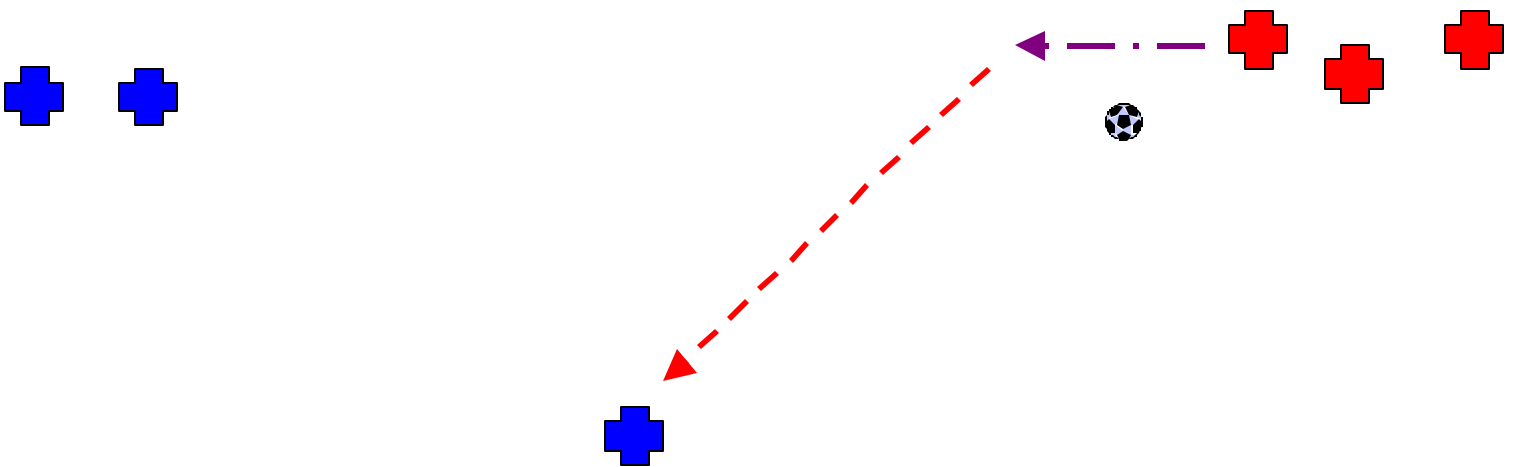


Set up two sets of players facing each other. Only one ball in the exercise this time

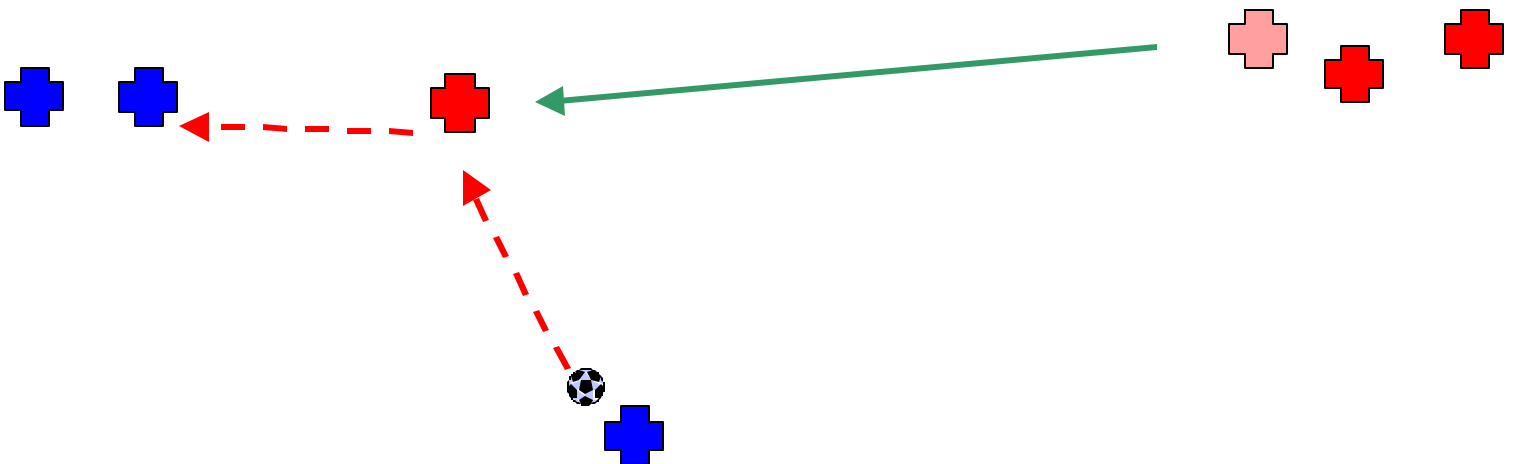
First pass is a long one from one line to the next as in the original. Player making the pass still makes the diagonal check run.



Now the player with the ball takes a three touch dribble before the pass is made to the "wall" player.

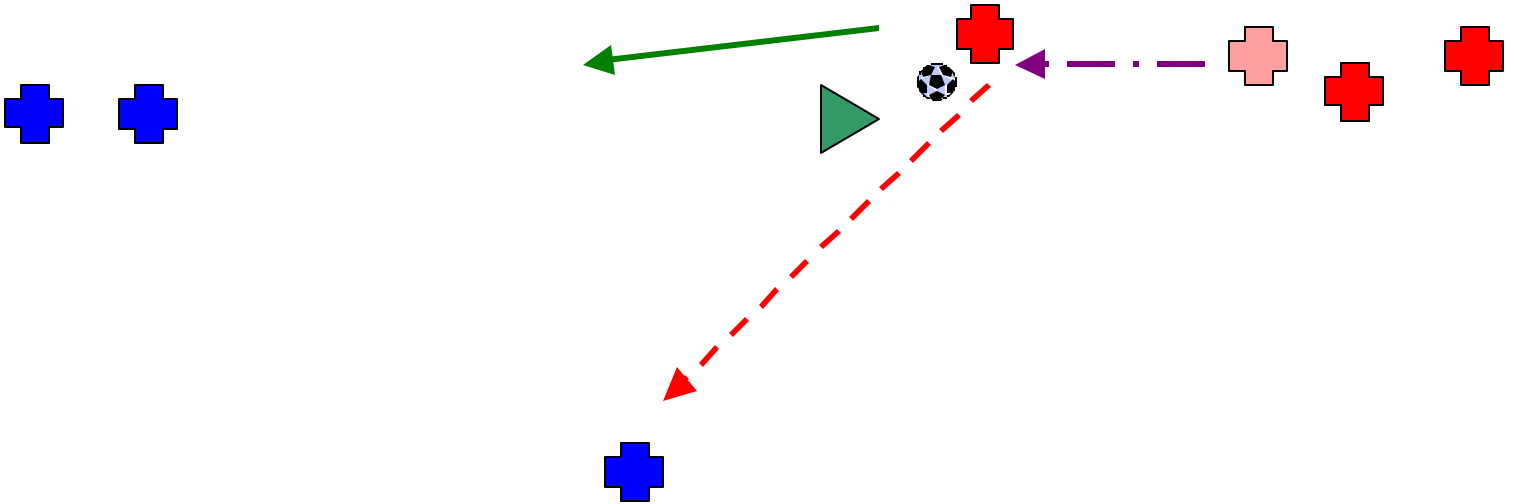


Return pass is the same as previous but then the carrier plays the ball two touch to the next player in line and the exercise restarts.



Passive Defender

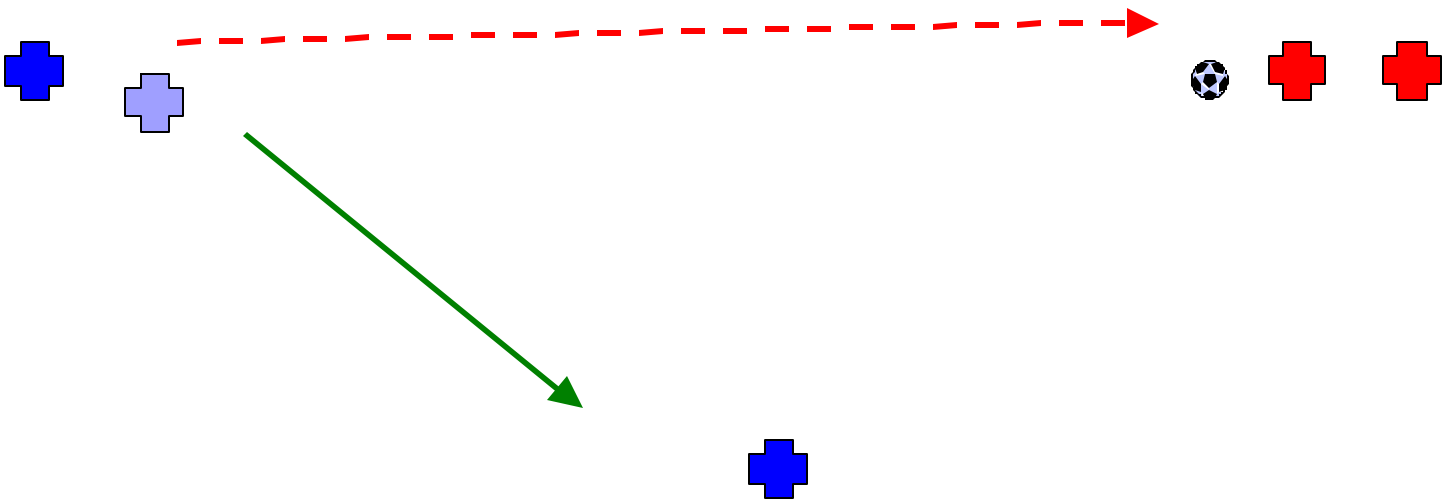
Add a passive defender to this second exercise. The player receiving the first pass must first dribble the defender to set up the wall and then explode pass the defender to receive the wall pass return.



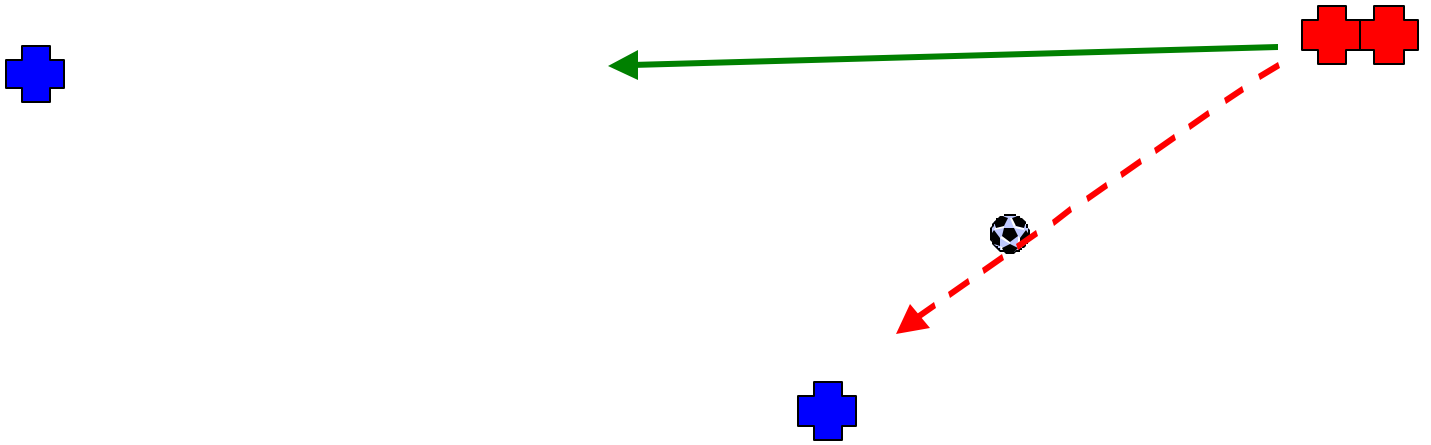
Alternate Idea #2

Have the first player making the Go portion of the give and go immediately become the wall for a return pass

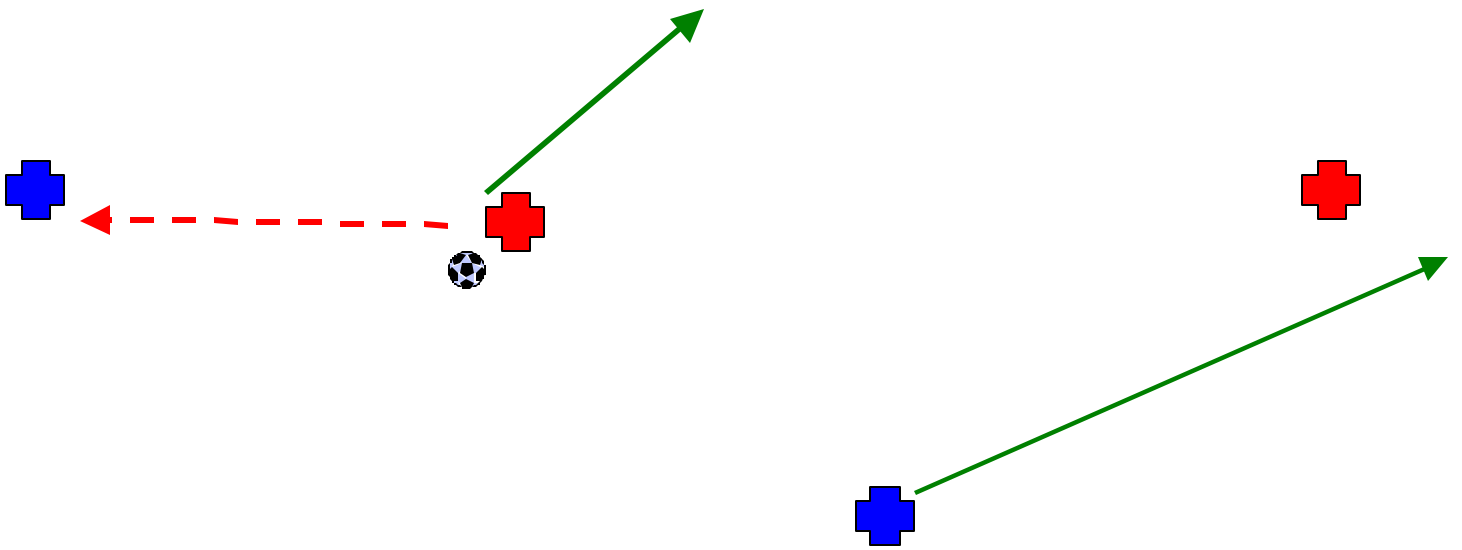
Set this up the same way we did alternate idea #1. First pass is still a long one. First passer becomes the first wall player.



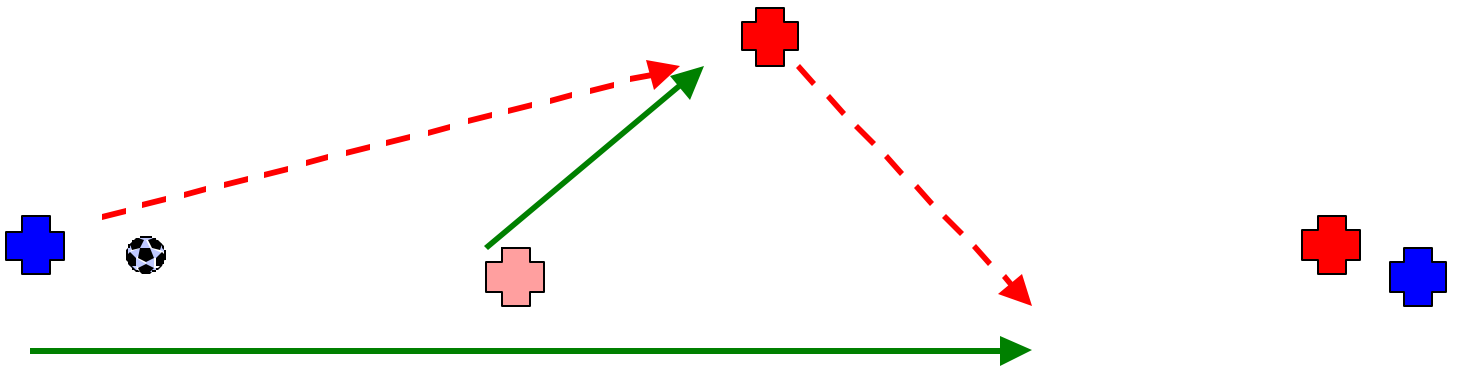
Then the ball is returned to the original passer as shown and the run is made



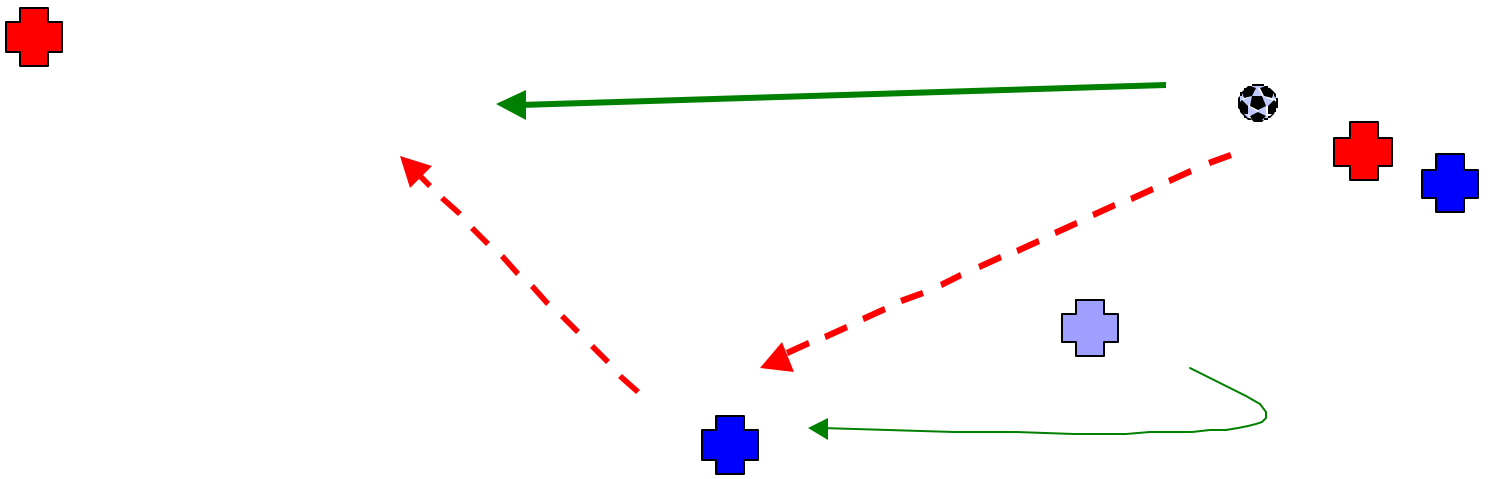
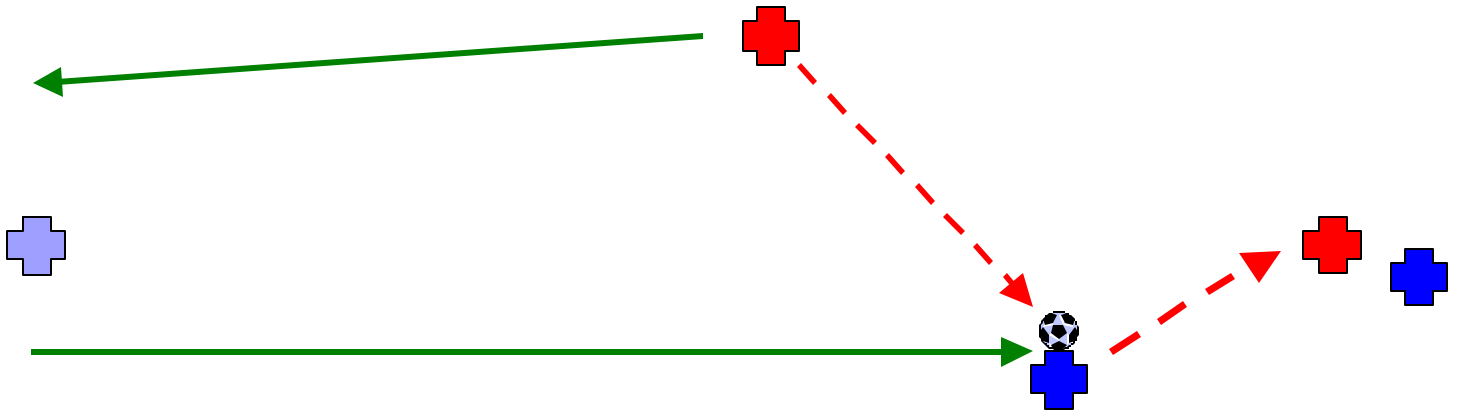
The return pass is the same but now the player with the ball makes her two touch pass and immediately becomes the next wall



The next pass is another 1-2 (give and go, wall passes what ever you're comfortable calling it)



The player with the ball now two touches to the first player in line and retreats to be the next wall



And the sequence repeats