



Coaches' GAME PLAN



Skills

Chest Pass

Receiver's Chest



01



Pass is thrown with 2 hands from passer's chest to receiver's chest.

02



Hands on the Outside of the Ball

Begin in ready position with each hand on outside of ball.

Step Toward the Target



03



Then step toward target to initiate pass.

04



Thumbs Point Down

At release, follow through with fingers pointed at target and thumbs pointing down.

Pass to Teammate Quickly

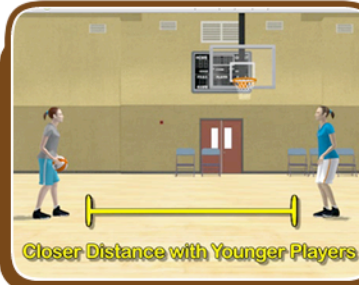


05



Pass the ball with zip to get it to your teammate quickly.

06



Closer Distance with Younger Players

For younger players, practice with partners who are close together.

Notes: