



Coaches' GAME PLAN



Skills

Chest Pass



Receiver's Chest

01



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



Hands on the Outside of the Ball

02



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



Step Toward the Target

03



Then step toward target to initiate pass.



Thumbs Point Down

04



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

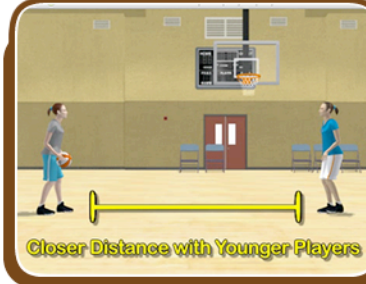


Pass to Teammate Quickly

05



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



Closer Distance with Younger Players

06



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

Notes: