



ACTION:

The single player dribbles the ball towards the opposite player . When the dribbler is within 3 to 4yds of the opposite player, he passes to him. The receiving player must then dribble with speed to the opposite line while the passing player must run backward and try to get there first.

TIPS:

The single player always begins with the ball.
 Passing player must make easy passes so the receiving player can take the ball without having to stop it or chase it.
 Dribblers must keep control of the ball when running.

NOTES:



SPEED

SET UP:

5 x 30yd lane.

Two players with one ball at one end of the lane and a third player with a ball at the other end.