

Theme:

Duration 13 Minutes

Objectives:

4 Min

Stretching Vision

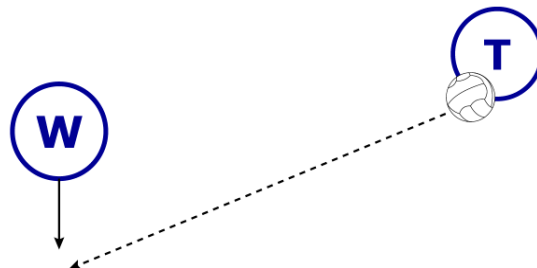
Key Points
Eyes forward

1 thrower, 1 worker, 1 ball

The thrower stands side onto and level with the worker. The worker faces straight ahead and the thrower passes the ball in front of the worker who catches it.

Practice receiving the ball from both sides.

Vary this drill by having the worker turn and look at the ball as soon as it has been thrown.



4 Min

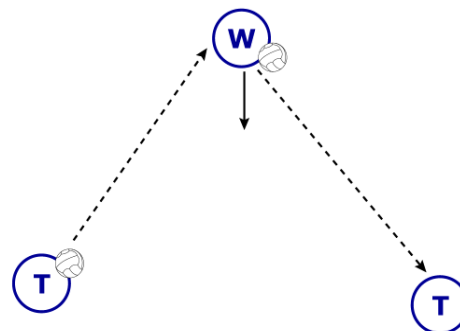
Triangle

Key Points
Eyes forward

2 throwers, 1 worker, 2 balls

Three players form a wide triangle. The worker keeps their eyes looking at the space between the throwers and alternately receives a pass from each thrower, and then passes it back.

Progress by having the throwers out wider.



5 Min

Circle

Key Points
Eyes forward

At least 5 players, 1 ball

At least 5 players form a circle. Players choose someone opposite them to keep their vision on. The ball is passed across the circle to anyone, except the person next to them.

