

O-Pass

Organization: Six players (A-F) form a circle (10-15 yards in diameter). A starts with the ball.

Procedure: A passes to B and runs after the pass to take B's spot. Continue to pass the ball across the circle to random players and follow your pass.

Variation 1: Pass combination: Pass in the order of your letters (A-B-C-D).

Variation 2: Pass Combination: A passes to B, who passes back to A. A passes to B again who passes to C starting a new combination.

