

## **PASS –N- SIT**

**Organization:** Groups of two with one ball.

**Structure:** Partners begin 4 yards apart facing each other.

**Procedure:** Groups of two pass to each other. The player receiving the pass is standing with their legs open. Partners get a point every time they successfully pass the ball through their partner's legs.

**Progression:** Every time the ball goes through a player's legs that player takes one step back. After 2 minutes the partners that are the furthest apart are the winners.

**Progression:** In order to score a point the ball must go through your legs then you must turn and chase the ball and stop the ball by sitting on it.

**Coaching:** Use inside of the foot  
Lock your ankle with your toe up and heel down.  
Plant foot pointed at the target.  
Step into your pass and follow through towards your target.  
Make sure your kicking foot is at a right angle to your plant foot.