

15. Category Passing

Purpose:

Players practice passing and catching fundamentals.

Setup:

Players spread out on the baseline with the coach 10-15 feet in front of the players.

Execution:

- * Coach assigns each player a number, name of a sports team, or any category.
- * Coach calls out a number or name and quickly passes the ball to that player.
- * The player must quickly react and get their hands up to catch the ball.
- * They must then pass the ball back to the coach, who does this with another player.

Coaching Points:

- * Emphasize ready position, balance, and listening skills.
- * Can do this with any type of pass.