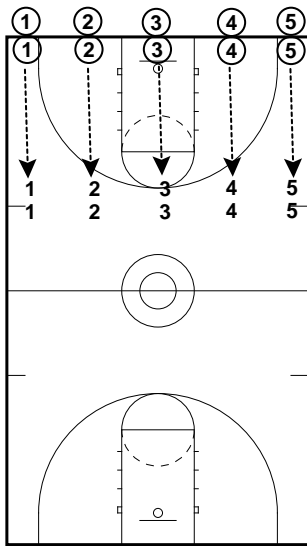
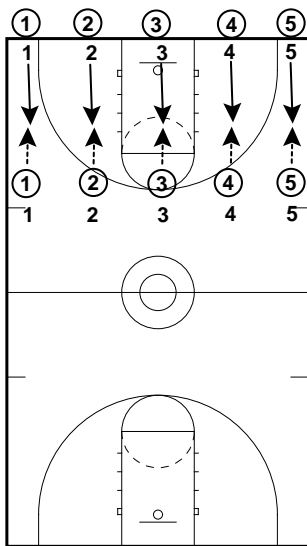


Front Turns / Rear Turns

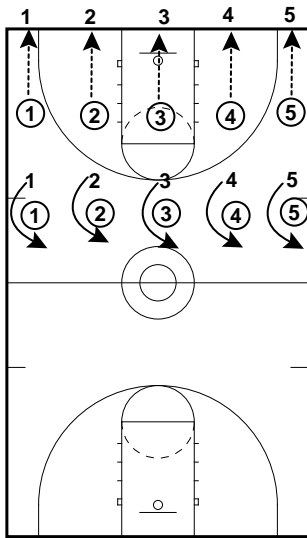


- Players on the baseline pass to the person standing opposite of them
- * You can vary the type of pass being thrown (chest, 2 hand bounce, outside hand bounce, overhead)
- The players receiving the pass should give a target, catch with 2 hands, catch in balance (left right step for right handed people)



- Players on the baseline then run towards the person who they passed to and they will receive a pass back
- When they catch the ball they will either do a front turn (forward pivot) or a rear turn (reverse pivot)

Front Turns / Rear Turns



- Once the players receive the pass back, they will pass back to the next person in line
- Use a wide variety of passing techniques
- New players rotate in