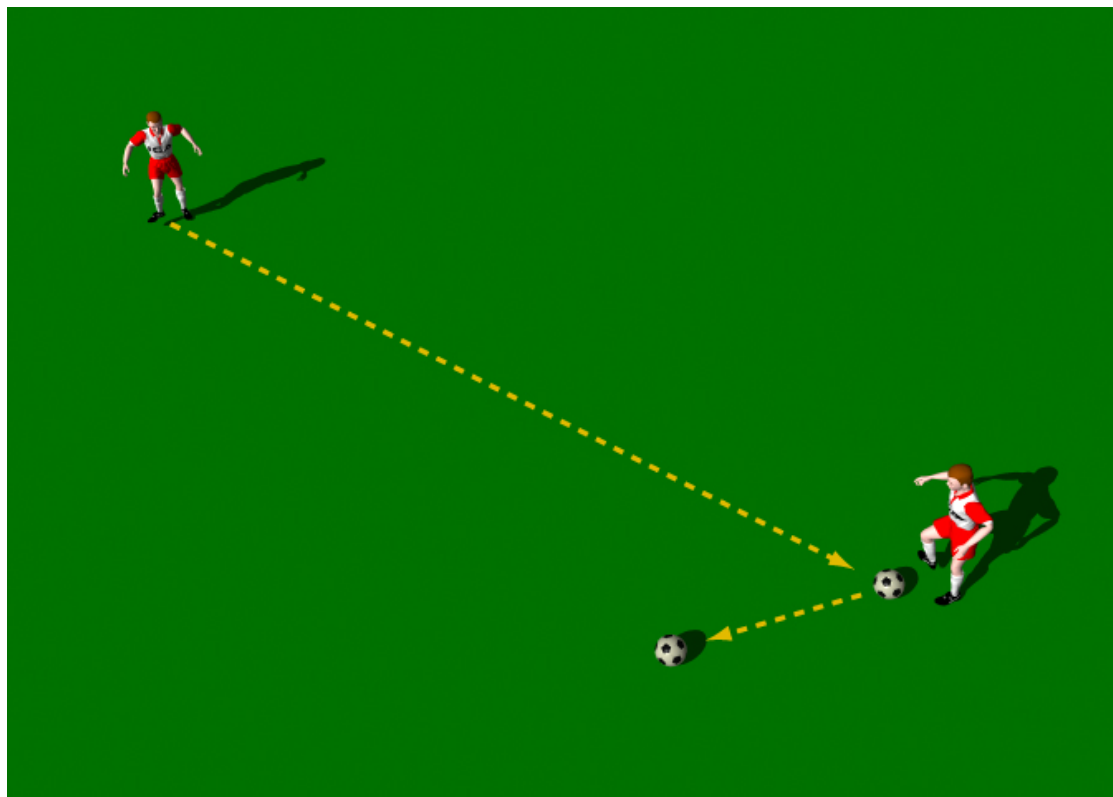


## Hit the Ball Game



### **Exercise Objectives:**

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass", with an emphasis on accuracy.

### **Field Preparation:**

Area 20 x 20 yards. 2 players. 1 ball.

### **Coaching Points:**

Two players are positioned in a grid 20 yards x 20 yards. One player starts the practice with two balls. The player passes the first ball to their partner to control and redirect approximately 2 to 5 yards in front of them. They then pass the second ball for their partner to redirect and try to hit the first ball.

### **The coach should emphasize the following coaching points:**

- Keep the feet moving and be balanced at all times.
- Develop a feel for the correct distance you need to redirect the ball.
- Adjust the body position to hit the ball with the pass.
- Give firm and accurate passes to your partner feet when serving.

The first player to hit the ball 3 times wins. Rotate so different players compete against each other.