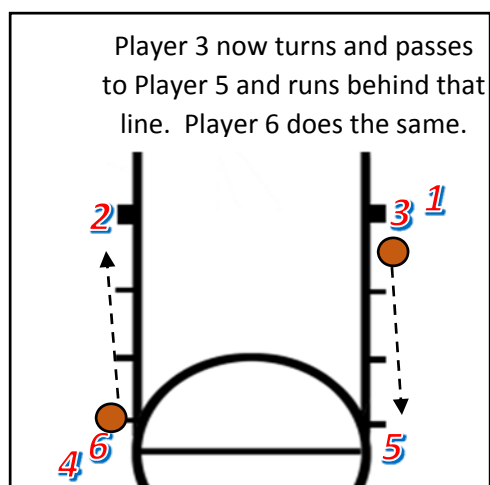
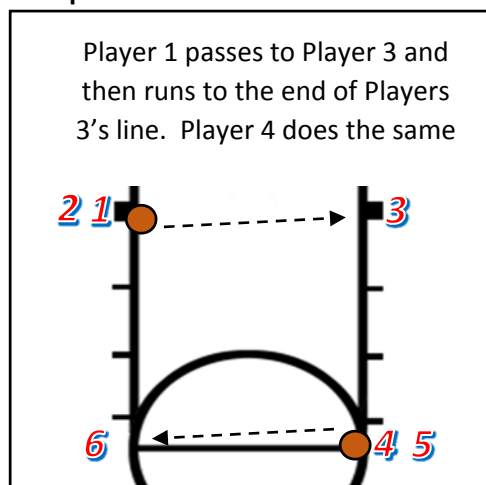


Set up:



Directions:

- Start players at the elbows and the blocks. Start with one ball and once players get the rotation, add a second ball.
- On the signal players will pass clockwise to the next player. When they catch the pass they will look to the next player clockwise to pass to.
- When the coach yells reverse or blows the whistle, they the players with the ball with stop and begin to pass the ball counter-clockwise.
- If a pass is not caught, give a consequence for the team, or keep track of how long the team can go before a drop occurs.