

# HALF DAY PASSING CAMP

## (LUNCH IS NOT PROVIDED)

- 1:00 Check-In- Holloway Gymnasium
- 1:30 Introduction of Staff and Plan for the Day
- 1:35 Forearm Passing Mechanics on Box
- 2:00 Introduction of Passing Footwork Patterns
- 2:15 Passing Chipped Balls
- 2:45 Passing Served Balls
- 3:15 Introduction to Passing Balls with Hands
- 3:35 Passing Competitions
- 4:00 Closing