

HALF DAY PASSING CAMP

(LUNCH IS NOT PROVIDED)

- 12:30 Check-In- Holloway Gymnasium
- 1:00 Introduction of Staff and Plan for the Day
- 1:05 Forearm Passing Mechanics on Box
- 1:30 Introduction of Passing Footwork Patterns
- 1:45 Passing Chipped Balls
- 2:15 Passing Served Balls
- 2:45 Introduction to Passing Balls with Hands
- 3:05 Passing Competitions
- 3:30 Closing