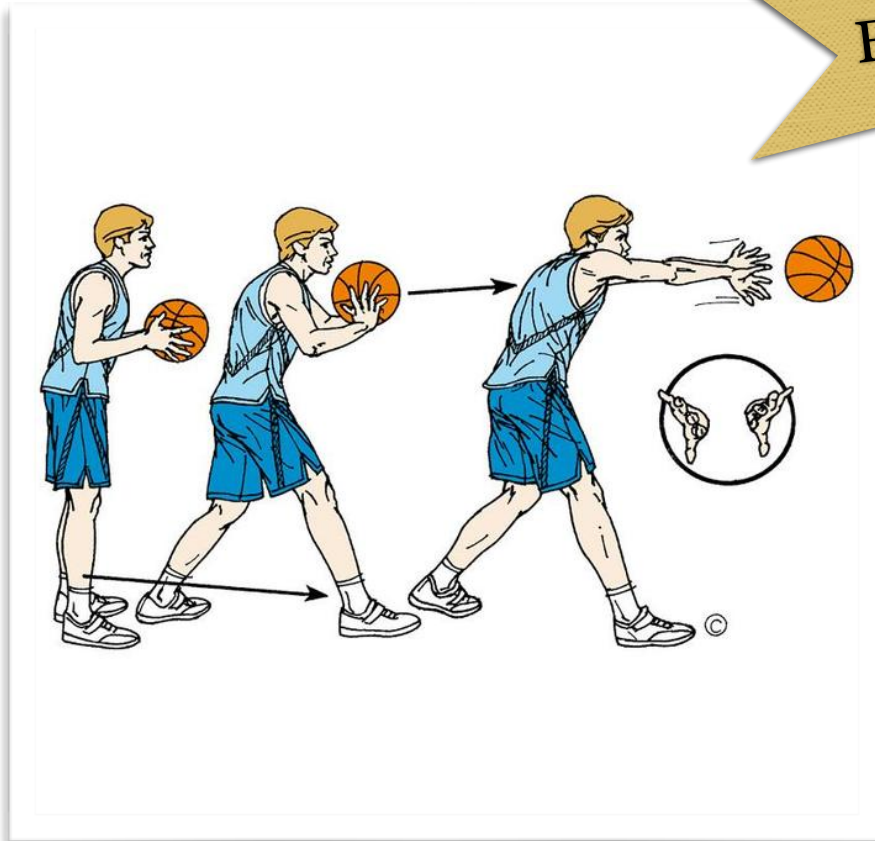


STATION ELEVEN

Senior School Circuit Training

Eleven



Chest Passes

Stand at least 2 metres from a partner.

Pass the ball to your partner using a 'chest pass'.

Both hands should be on the ball as you pass it and you should finish the pass with your arms extended out in front of you.

How many chest passes can you make (without dropping the ball) before the whistle sounds?

