

Receiving shuttles/Post up & roll out

Objective – Wide base receive and roll out or one touch round cone

Setup

1. 2 groups of players max 3 in each group
2. 2 cones 1 m apart

Game

1. One team passes to other team attempting to get it THROUGH the cones
2. Receiver has to receive before it goes through cones
3. Recipient then rolls out to the right and passes back to his original team
4. Recipients now start again

Progression

1. Roll to the left
2. Roll to the right
3. One touch and go left/right
4. Pass bouncing ball
5. Receive on the move and roll out
6. Receive before the cones, continue THEN roll out
7. Receive use bunt to pass back

