

COLUMN RECEIVING

OBJECTIVE: develops all trapping techniques at simulated game speed and angles

EQUIPMENT NEEDED: one ball for every two player

SCALE: 20 yd. x 40 yd. space

NUMBER OF PLAYERS: 16 to 24 in each group

SET-UP: see diagram

PROCEDURE:

1. Split players into two groups; one forming a staggered column (20 yds. apart), and one forming a single line at one end of the column.
2. First player in the line executes the following techniques while zig-zagging through the column:
 - a. one touch pass
 - b. two touch pass
 - c. thigh trap/pass
 - d. chest trap/pass
 - e. head trap/pass
 - f. difficult pass to receive/pass
3. Each player should complete two repetitions of each technique.
4. After first group completes all repetitions, they switch with the column servers who repeat the above techniques.