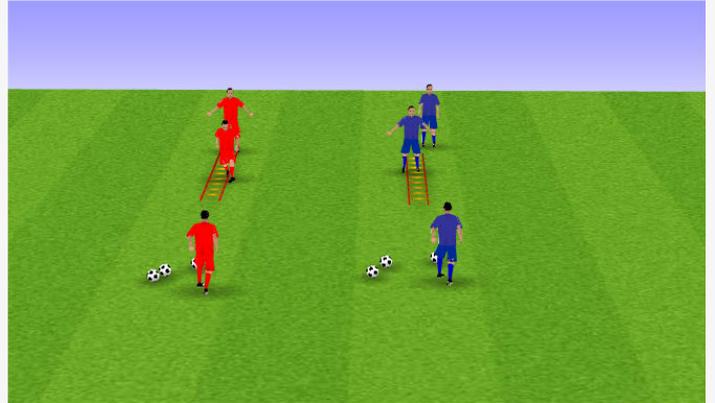## Ladder Review

Footwork in ladder: 4x each
diagonal-scoop, make players move r/l
out/in-basket, mid range serves from ground
single leg r/l-volleys/high balls to head
Dynamic stretch on way back to ladder, stretch as needed

Passback-Basic

Pairs with one ball
GK starts behind cone and partner passes ball when verbal "Ball"
and nonverbal points to foot
Two touch back to partner, GK drop step and goes around cone for
next ball with opposite foot
CP: Should aim at farthest foot away, prep first touch away from
body, footwork back around cone, loud command voice
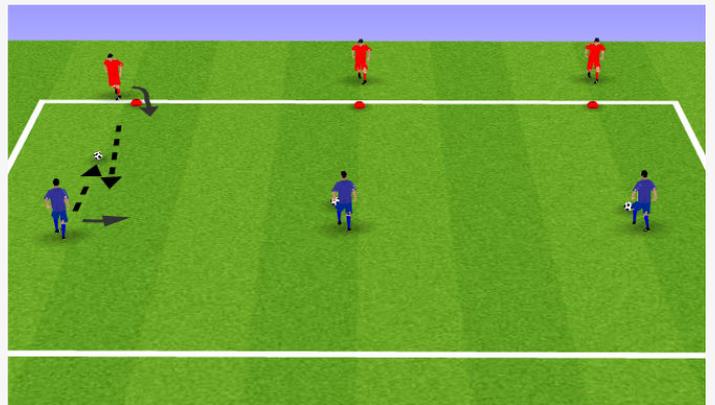
Passback to shot

In Groups of 3:
A. GK steps in front of red cone, demands ball verbal and
nonverbal. Blue server passes ball and GK two touch back to
server. Goes thru cones then shot from red server. Distribute back
to servers on the ground and go back around to the beginning. 3
repetitions then rotate 2x. Change sides
B. GK steps in front of red cone, demands ball verbal and
nonverbal. Blue server passes ball and GK two touch (across
body) to red server. GK drop step back thru cones to shot 3 then
distribute back to blue server 4. Return to start behind red cones. 3
repetitions, rotate 2x, change sides. Challenge: Second round
volley from red server, overhand distribution to blue.
CP: demand for ball, safety of which foot, big first touch to get ball
in front, low thru cones, set for shot, footwork back around to set,
eyes on server, shoulders forward, 1st touch across body, ground
distribution
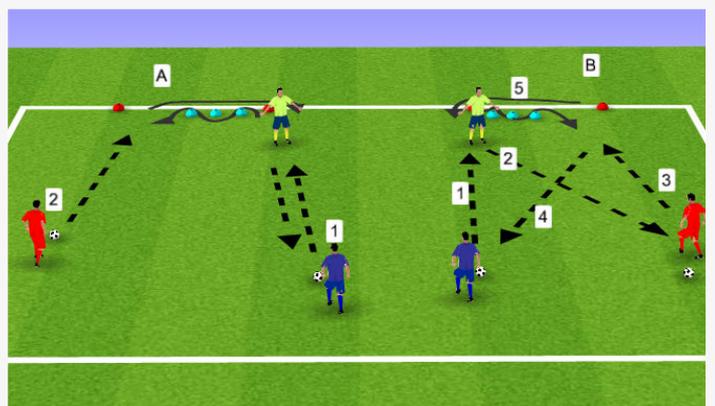
Passback Frame

In Frame: Start on stomach

GK calls for ball, 1. blue server passes ball 2. GK two touch to counter goal. GK goes thru cones to 3. red shot waist and lower (stretch older players) 4. distribute to blue server

3x then rotate 2 rounds, change sides.

Add: two footed thru cones, one touch clear so higher counter goal or target GK, shots above waist

CP: Demand ball verbal and nonverbal, loud, eyes on server, quick footwork, set on shot, distribution decisions ground or high