

## Passing & Receiving

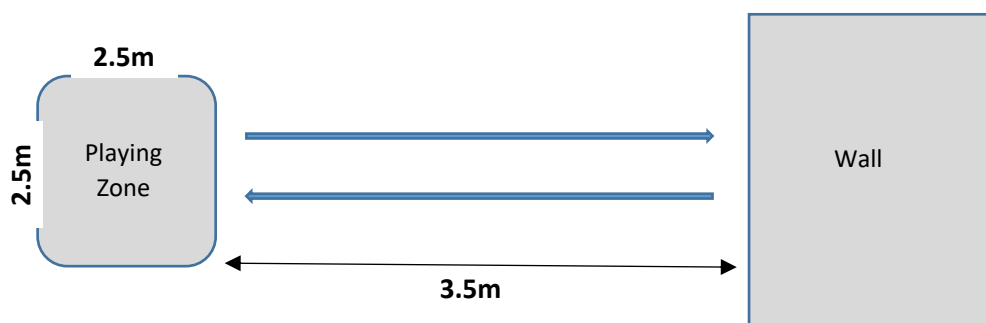
**Objective:** To record how many passes you can play and receive in 60 seconds.

**Equipment:**

- A wall with space around it (*i.e. outside of a building*)
- 'Playing zone' (*i.e. cones, ropes, chalk*)
- Football
- Measuring tape
- Stopwatch

**Process:** Find a flat surface opposite your wall and measure a 3.5m distance from the wall. In this spot, measure and 'mark' a 2.5m squared area; this is the 'playing zone'.

Athletes should position themselves inside the 'playing zone', on the signal "Go", the timekeeper commences the stopwatch, and the athlete should play and receive as many passes against the wall while remaining in the 'playing zone'.



The athlete receives 1 point each time they successfully play the ball off the wall and receive it back within the playing zone.

**Rules:**

- The athlete must pass and receive the ball within the playing zone.
- The ball must 'hit' the wall before returning to the playing zone.
- The athlete can take three attempts, with the best attempt submitted as their score.

**Scoring:** The total number of points an athlete receives in 60 seconds should be submitted as their score (*e.g. 13 points*)