B300 - Three Player Around the Clock - U18 F

Key Points:
One touch pass and follow through at the target. Get the top hand away from the body. Pass and rotate.

Description:
Three or four players one touch pass around a circle.

1 - Pass 6 to 12 o'clock. 6 to 3, 12 to 9, player three stay at 6.
2 - Pass 12 to 3 o'clock. 12 to 9, 3 to 6.
3 - Pass 3 to 9 o'clock. 9 to 6, 3 to 12.
4 - Pass 9 to 6 o'clock.
5 - Repeat starting with player three at 6.

*Go around 3-5 times and then change direction.

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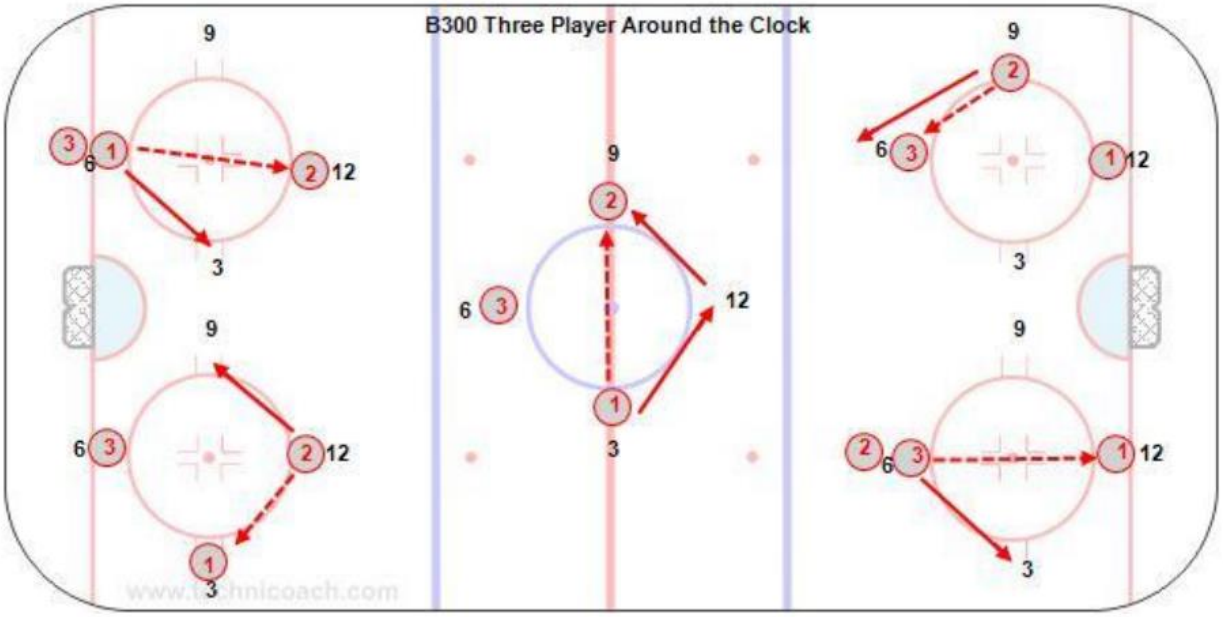
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