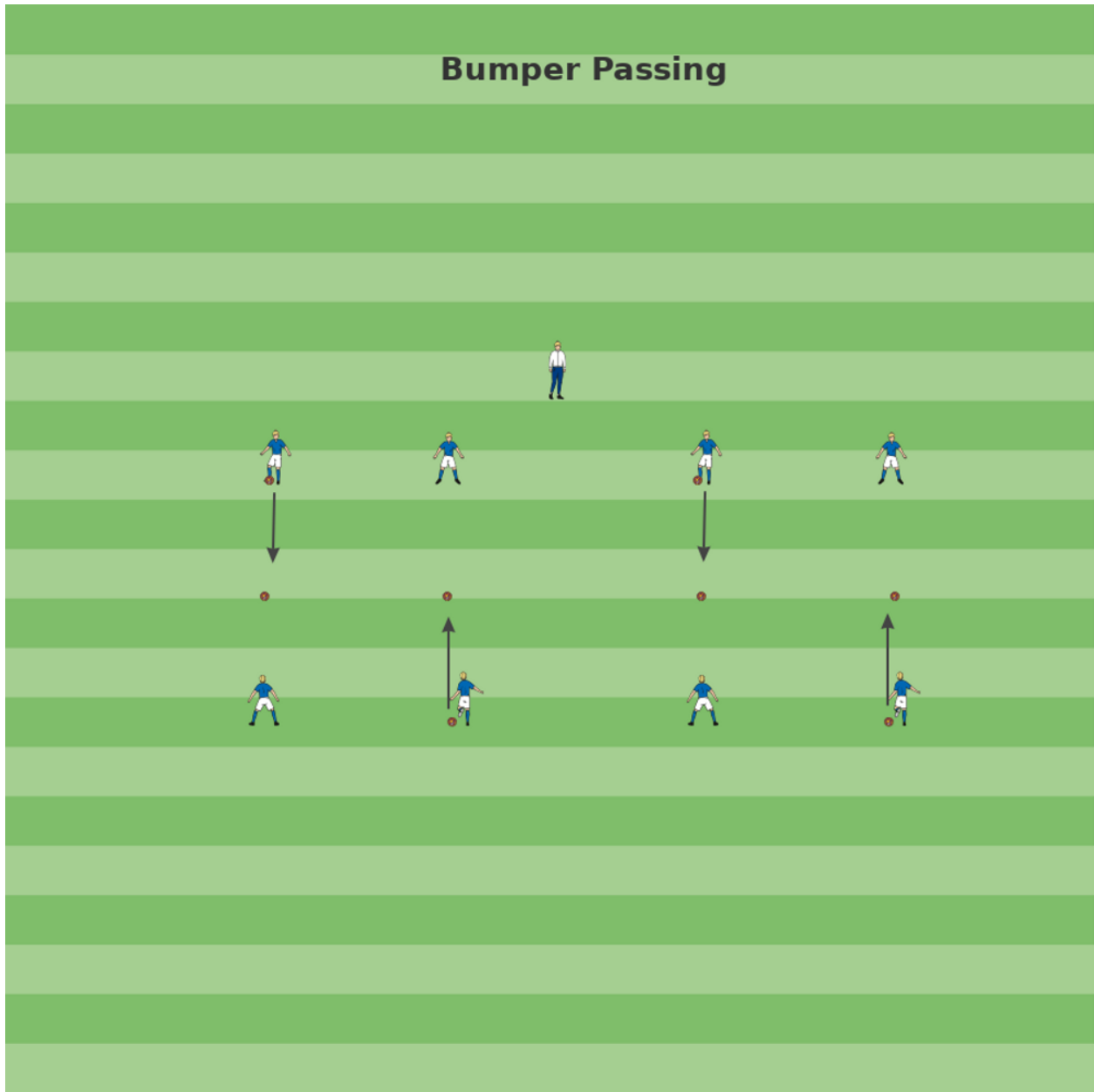


Bumper Passing



Organization:

2 players 20 yards apart with a “bumper” ball sitting halfway between them.

How to Play:

Try to hit the “bumper” ball with your pass.

Why:

- Improve passing accuracy
- Pace of pass

Variations:

- Change which foot and what part of the foot players use.
- Move the players closer to decrease difficulty or further away to increase difficulty
- Play the first team to hit the “bumper” ball 10 times