

Content:

No.	Name	Number	Difficulty	Page
1	Continuous passing/running in a pentagon	10	☆	4
2	Figure of 8 with three players and a ball	3	☆	5
3	Continuous passing with 4 players	4	☆	6
4	Continuous passing/running in a figure of 8	4	☆☆	7
5	Continuous passing/running BL-BR	6	☆☆	8
6	Complex continuous passing/running 1	6	☆☆	9
7	Double thrusts in succession	7	☆☆☆	10
8	Passing with 3 players	3	☆	11
9	Continuous passing/running in a triangle	6	☆	12
10	Continuous passing/running with opposing group	8	☆☆☆	13
11	Continuous passing/running back and forth	8	☆	14
12	Continuous passing/running over the entire field 1	10	☆	15
13	Continuous passing/running over the entire field 2	12	☆☆	16
14	Continuous crossing-over LW, BL, BM, BR, RW	10	☆☆	17
15	Complex continuous passing/running 2	10	☆☆	18
16	Continuous crossing-over LW, BL, BR, RW	8	☆	19
17	Continuous passing/running in a square 1	8	☆	20
18	Continuous passing/running in a square 2	8	☆☆☆	21
19	Continuous passing/running with player feeding the balls	10	☆☆	22
20	Continuous passing/running in a star-shaped formation 1	8	☆	23
21	Continuous passing/running in a star-shaped formation 2	8	☆	24
22	Continuous passing/running	8	☆☆	25
23	Continuous passing/running in the large group	12	☆☆	26
24	Continuous passing/running moving forward with counter-attack	8	☆☆	27
25	Continuous passing/running over the entire field 3	6	☆☆	28