

# “Passing 1-2-3-4-5”



## Situation

Team's passing going astray, dropping passes. Team needs to learn to work together and think on court.

## Mission

Improve ball handling skills and passing. Get team to start thinking more for themselves and taking more responsibility.

## Execution

### Set-up:

At least 8 people equally set out on four points of a square. 2 balls on opposite corners.

1. The two players at the front of each queue at the corners without a ball run in to the centre at the same time and complete the drill, always joining the corner where they've passed the final ball. The balls should now be on the other two corners. Repeat ad nauseam.

2. Assign different drills numbers and call them out towards the end of a set so that the new drill set can continue seamlessly.

4. Start with 2 or 3 different drill sets. Then gradually add in more as the team becomes proficient.

### Progression:

Weak hands only.

As many numbered drills as you can create.

3. If a set breaks down, reset the drill. Gradually stop helping the players reset it, as they begin to understand how it works and communicate to reset themselves.

5. Set a challenge to work from 1 up to 5 (or 6, or 7) and back down again. If a set breaks down, begin again at 1.

### My numbers:

1. Players run in, receive ball from left and pass to corner in front. Join that corner (the opposite one to where they started)

2. Run in, veer around other player to run back to original corner. Receive ball from left on the run and pass to corner in front. Join that corner (one where they started).

3. Run in, ball from left, pass back, veer around other player towards original corner. Receive ball from left on the run and pass to corner in front. Join that corner (one where they started)

4. Run in, ball from left, pass round other player to opposite corner ball came from. Continue round player towards original corner. Receive ball just passed from left on the run and pass to corner in front. Join that corner (one where they started).

5. Run in, ball from left, and pass to corner in front. Carry on and veer in to the ball just passed (make them touch it) and then away from it, towards original corner. Receive same ball over the top, and pass on forwards to original corner. Join that corner (one where they started).

NB. Risk of collision...