

# “Basic Passing”

## Situation

Dropped Passes, wayward passes, a lack of invention in passing.

## Mission

Improve all aspects of passing. Open up the ability to start using more inventive passes.



## Execution

### Set-up:

Groups of 3-5 with a ball per group. Use appropriate lines on opposite sides of the hall.

1. Simple stuff: Pick two lines, half the group on one line, half on the other. 20 weak-handed passes, Go! Players follow their passes to join the opposite queue.

If you drop the ball, you go back to zero. Ditto with strong hand passes.

2. You can build it up by adding in an extra stage. E.g. A player passes across and runs, as normal. Halfway across the hall the player veers out and receives the ball again, before passing back and joining the back of the line.

3. Make sure people are prepared to receive the passes and pass immediately back: Standing side on, with asking hands. Similarly, make sure they use the momentum of their pass to start their run. Catching, passing and running should be one fluid motion.

### Progression:

This is basic stuff – you can improve on it by bringing it into a game situation, or putting pressure on the passes. (See Will Ellis' Gauntlet Drill)

### Catching 'over your head'

Useful for collect, and passes over the top:

2 players start at a line, one with ball, one without. The one without starts moving away from the ball sideways, and receives a lofted, slightly looping pass 'over-the-top'. They aim to catch it one handed, with the hand extending behind them. They pass it back, run back to touch the ball, and run out again, but facing the other way. They receive the same pass, but with the other hand.

This can be done in the same groups as the basic passing drills, with each person doing, e.g., 3 passes with each hand before the next player goes.

Similarly, it can be done competitively. Either by setting a number of passes, or by getting through everyone in the group.