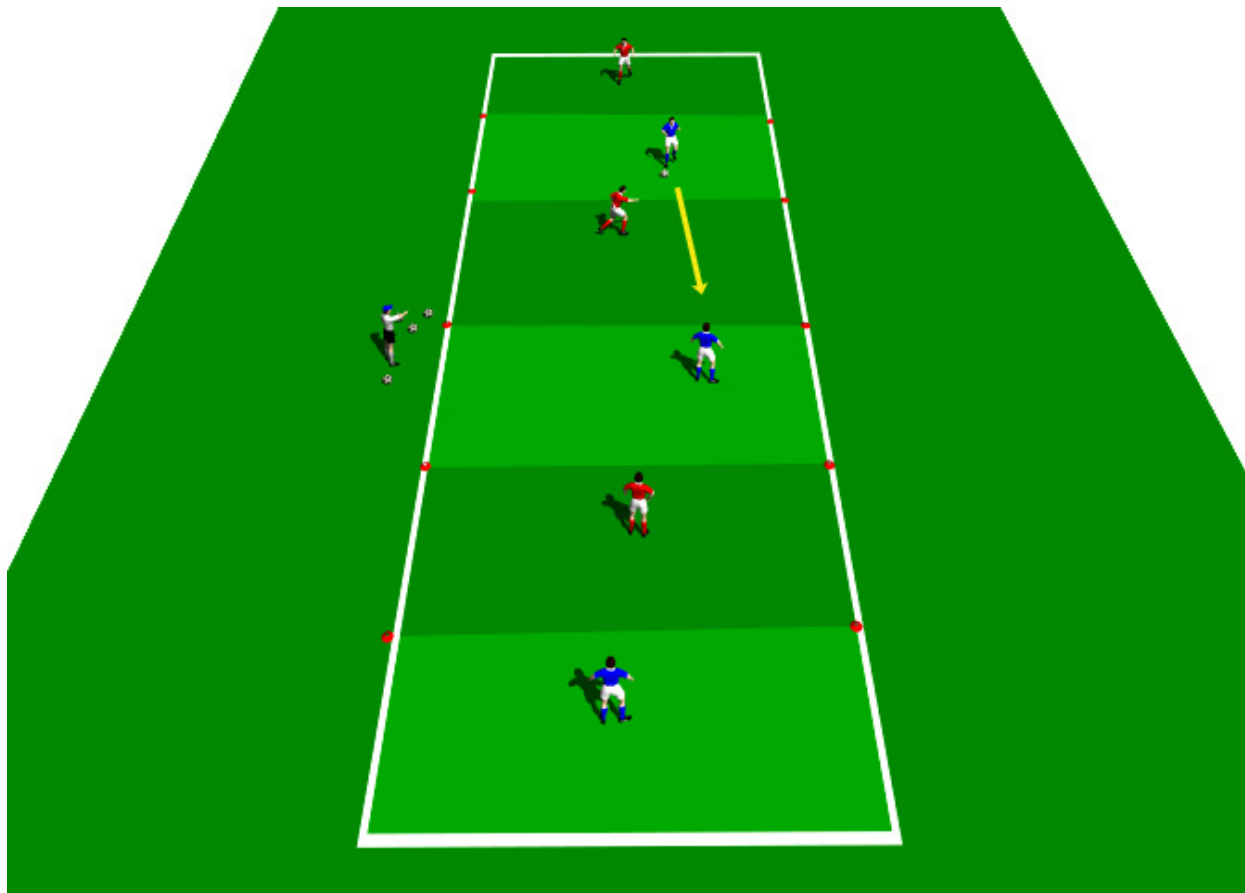


## Between the Lines Channel Drill



### **Exercise Objectives:**

This exercise is designed to encourage players to pass the ball “through the lines”.

### **Coaching Pointers:**

As a warm up, start the practice with one ball per team. Each team circulates the ball restricted in their own squares.

Now, using just one ball, the team in possession must try to transfer the ball from square to square. Six passes is one goal. The other team are restricted to their squares and must try to prevent them from passing. Center player in each team may pass in either direction. Penetration is a key component in passing.

Be aware of body shape when receiving the ball.

### **Field Preparation:**

Area approximately 5 yards x 30 yards.

Balls, bibs and cones.