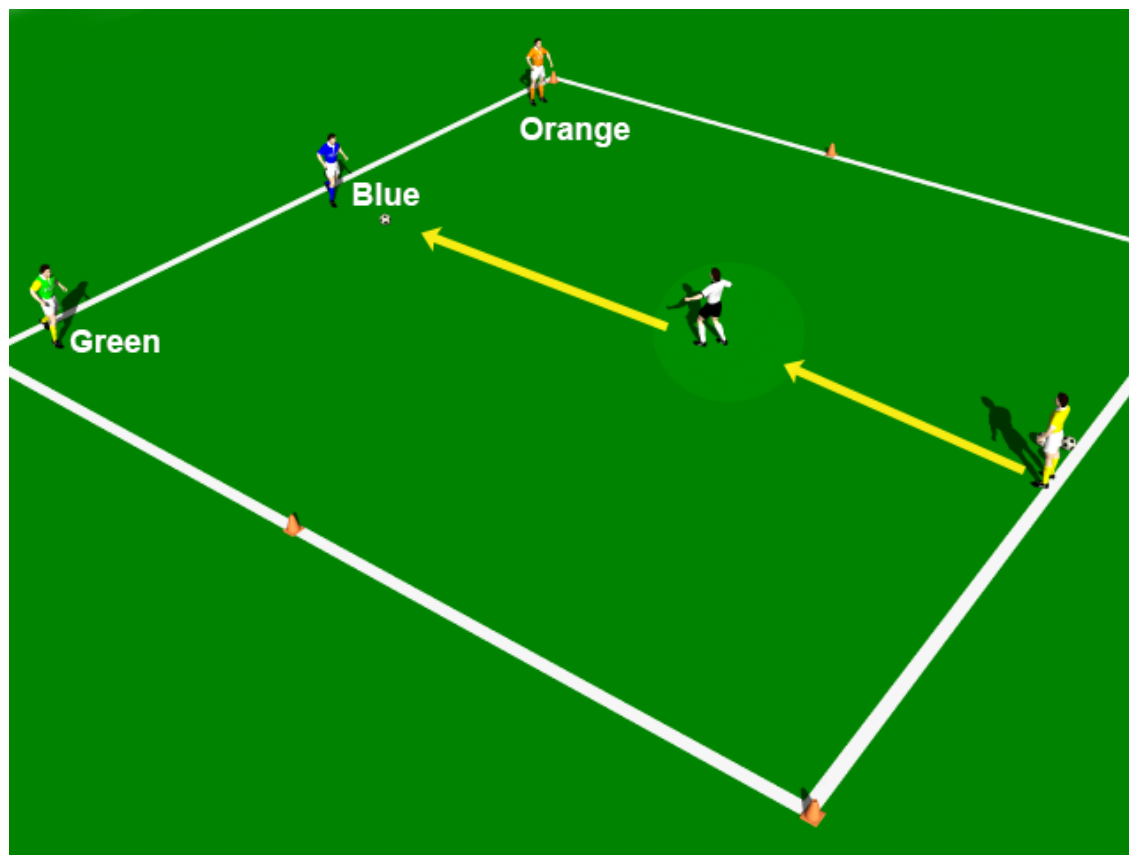


Passing Selection Drill



Objectives:

This drill is designed to develop a players "selection process" in passing. Players must turn quickly with the ball and play to the color that the server shouts out.

Coaching Points

Place five players in an area 10x10 yards. Three players wear different colored pinnies and serve as target players. One working (receiving) player is in the middle and the server is placed on the end (as in the diagram above). The exercise begins with the server passing the ball to the receiving player. As the server passes the ball they must shout out a color, such as "Orange". The receiving player must turn as quickly as possible and pass to the designated color. This sequence is repeated for several minutes before rotating players.

- Encourage receiving player to "check over their shoulder" before turning.
- Try turning left and right.

Field Preparation

- ☆ 5 players.
- ☆ Area 10 by 10 yards
- ☆ Supply of Balls and Cones