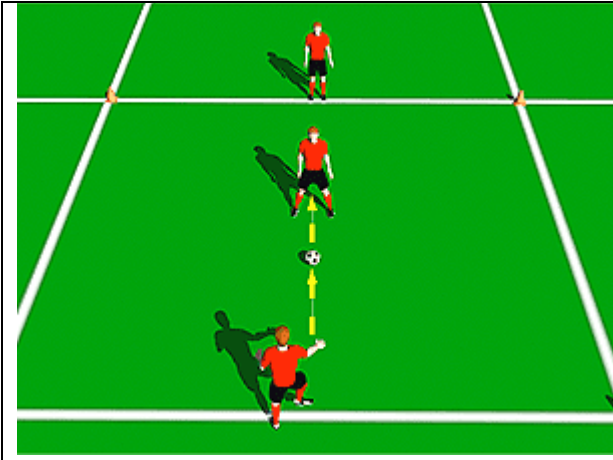


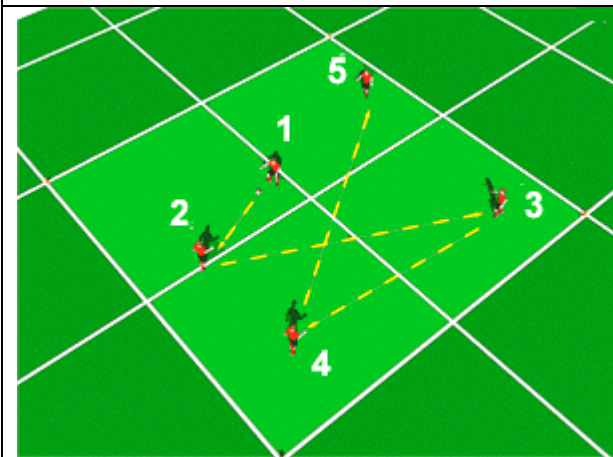
# Passing #1



## Under the Bridge

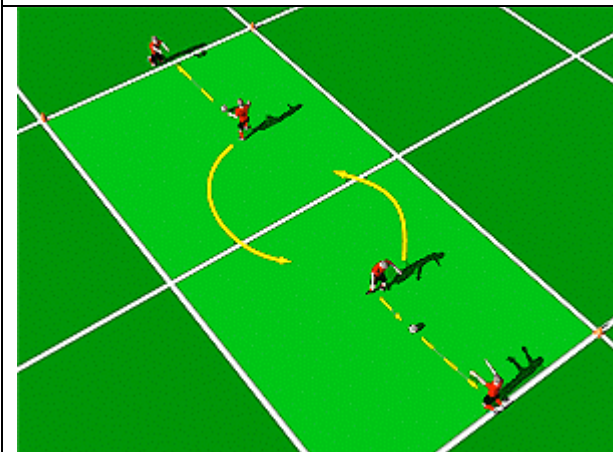
This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy.

Three players are positioned in a grid 10 yards x 10 yards. One player is placed in the middle and presents themselves as a target by making a tunnel with their legs. The other two players try to pass the ball through the tunnel. The distance should be increased slowly to make the practice more challenging.



## The Numbers Game

Divide your players into groups of fives. Position each group inside a grid, with one ball per group. The grid is approximately 20 yards x 20 yards. Each player has a number 1 through 5. The players pass the ball around the grid using the "push pass". The practice starts with #1 passing to #2, #2 must pass to #3, #3 must pass to #4, #4 passes to #5 and #5 must pass to #1. This sequence is maintained throughout the drill. Each receiving player must shout out their number to attract the attention of the passing player e.g.: If #1 has the ball, #2 must shout out their number to attract the attention of the player.



## Rotation Passing

Position four players in a grid 10 yards by 20 yards.

Place a server with a ball at both sides of the grid.

Each server passes the ball to the two receivers to pass back "first time" to the server. The players in the center should work at full speed and concentrate on quality first touch passing.

If a working player turns to a server for a pass, and the server is retrieving the ball, the player must continue to run