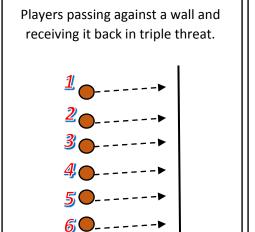
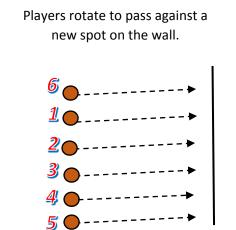




Set up: Drill: "Perfect Passing"





Directions:

- Each player has a ball and space facing a wall.
- Have players pick out a target on the wall. (*Printed pictures taped on the wall can make the drill more fun)
- Players will make passes against the wall for 30 seconds using proper mechanics, and catch in triple threat each time.
- After 30 seconds have the players rotate to a different spot and try again.
- If there is no wall available, have players pass to a parent or coach. This speeds up the number of times the players get to attempt a pass. The wall and parent or be able to get the ball back to the player more effectively, and should reduce the amount of chasing after a bad pass.