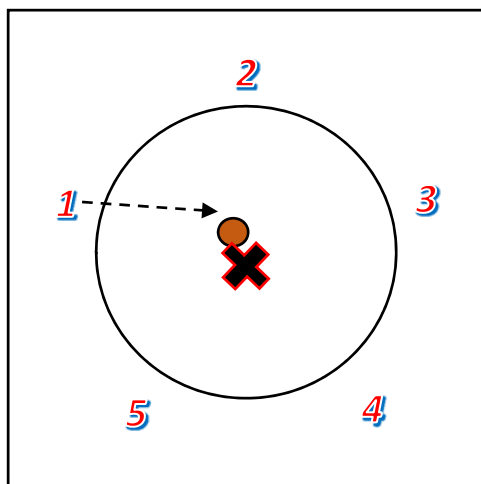
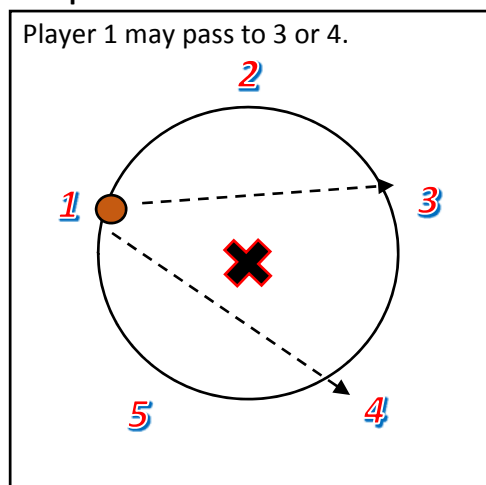


PASSING 5

Set up:

Drill: "Bull in the Ring"



If Player 1's pass is deflected or stolen by the defender, Player 1 will become the defender, and the defender will replace Player 1 around the circle.

Directions:

- Place 4-5 players around the circle, with the bull (defensive player) in the middle
- This is like a large game of keep away, the bull in the middle will attempt to deflect or steal the ball, while the players on the outside of the circle attempt to pass it to other players.
- The player with the ball must pass it across the circle and may not pass it to the player to their immediate right or left.
- If the player does not catch the ball, they become the new bull.
- If the player attempting to pass the ball has it deflected, they become the new bull.