

Pattern Passing

Drill Specifications Drill Theme: Passing Drill Style: Skills

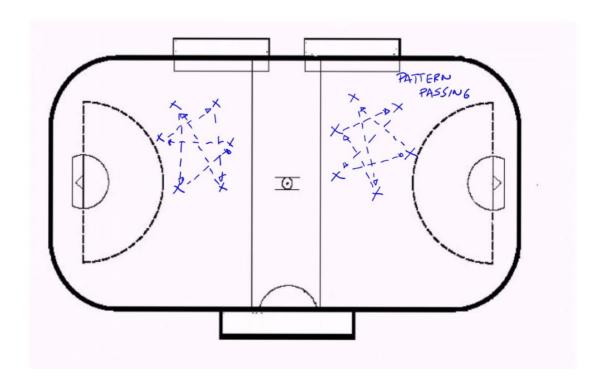
Floor Position: Full Floor Time Needed: 10

Objective This drill is excellent for reinforcing quick and accurate passing in

traffic

Drill Description Start with one ball and pass the same pattern with quick passes.

Keep adding balls and keep the pattern with all the passes.







Skills Practiced

• Passing

Variation N/A

