

## Spoke Pass

### Drill Specifications

Drill Theme: Passing  
Floor Position: Central

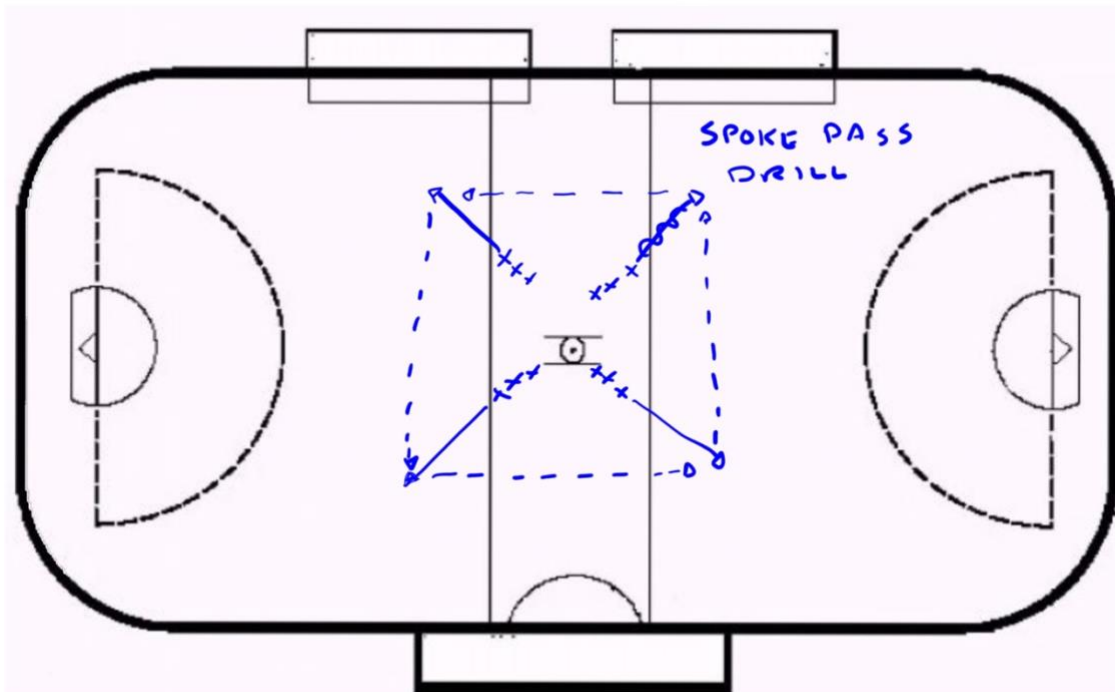
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for reinforcing movement while passing.

### Drill Description

Set up four lines in middle of floor facing outwards. First player in line with ball runs 10 yards out and makes pass to player on his left who runs out 10 yards and the ball continuously is passed as players run out from middle. Players rotate lines. Ball moves one way and then after a few minutes can be passed other direction.





**Skills Practiced**

- Passing and Catching

**Variation**

N/A

