

Zig Zag Passing

Drill Specifications

Drill Theme: Passing
Floor Position: Central

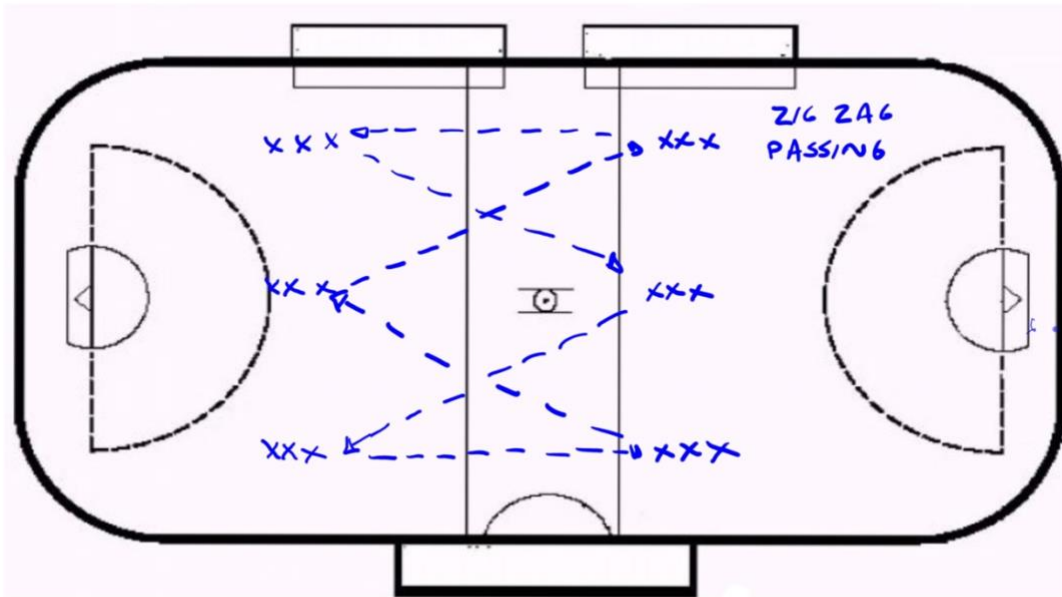
Drill Style: Skills
Time Needed: 10

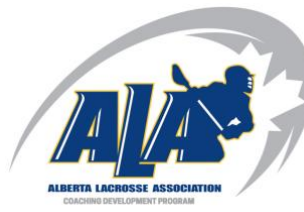
Objective

This drill is excellent for teaching players to make passes through traffic.

Drill Description

Set up six lines below the restraining line with the balls in one line that is closest to the boards. Have X1 start the drill by passing the ball adjacently along the boards to X2, X2 will pass across to X3, X3 to X4, X4 along the boards to X5, X5 to X6 and X6 back to the original line.





Skills Practiced

- Passing

Variation

Add more balls for increased difficulty.

