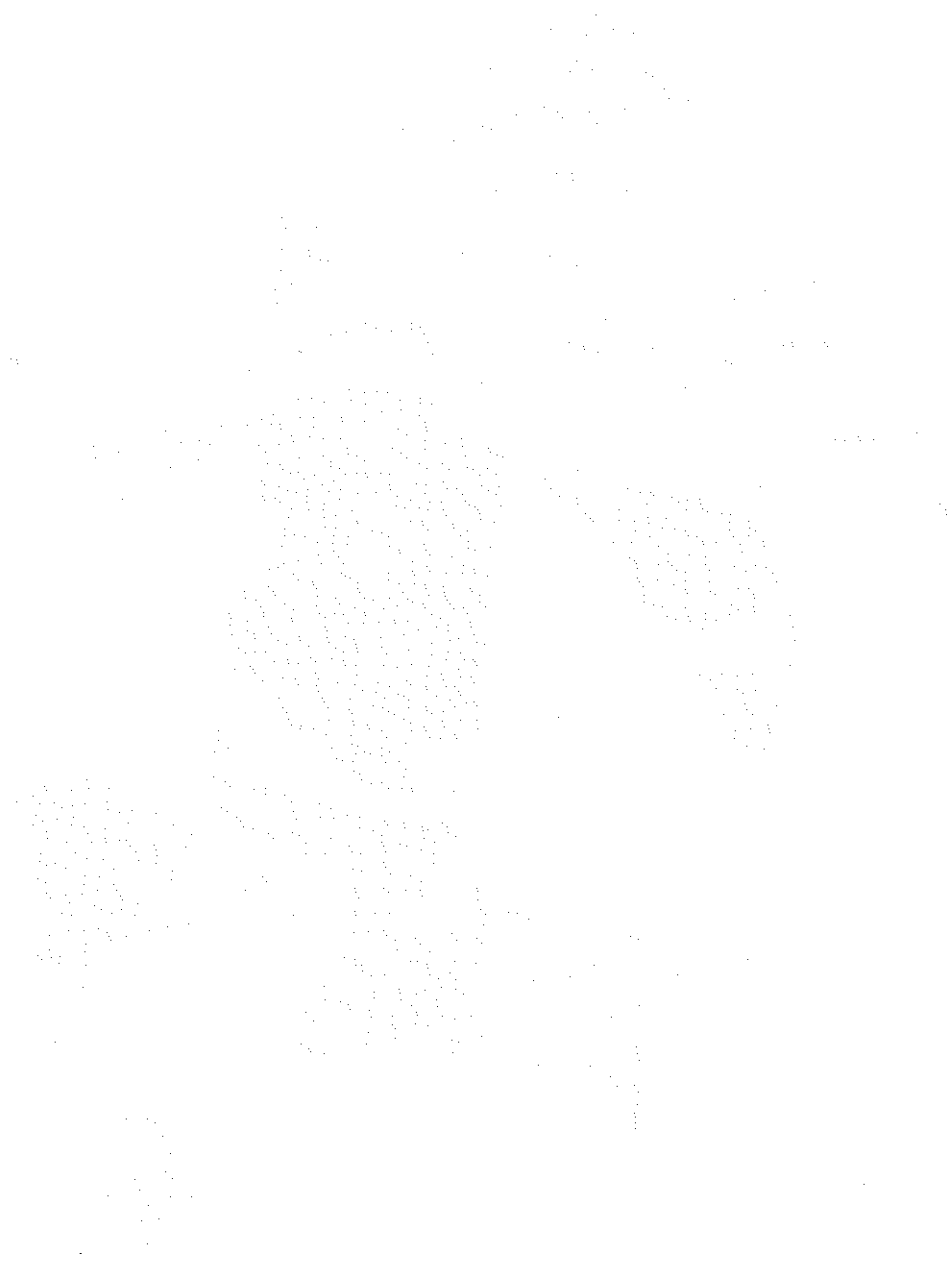


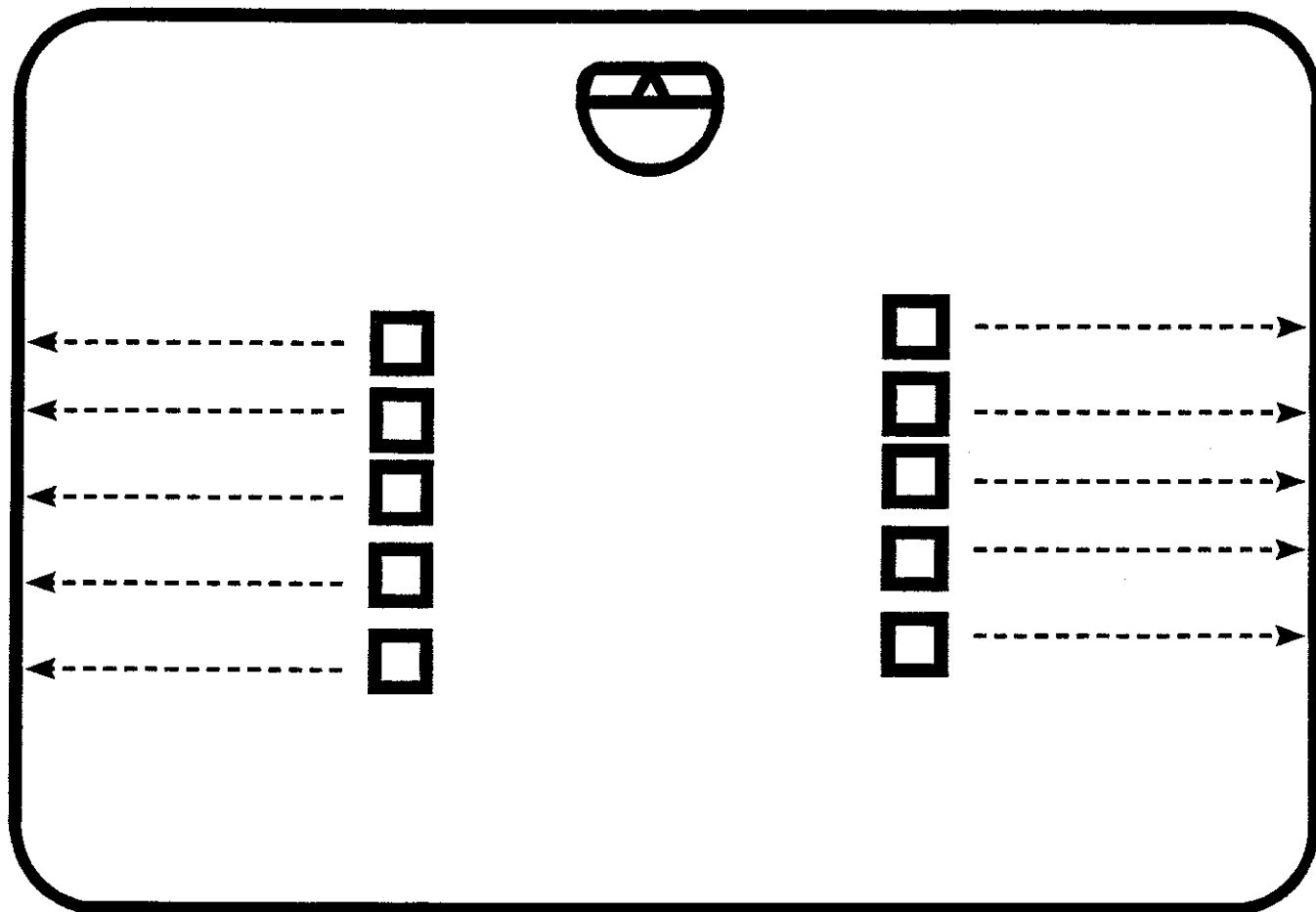


# PASSING & CATCHING DRILLS



| Year       | 1990 | 1991 | 1992 | 1993 | 1994 | 1995 | 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 | 2024 | 2025 | 2026 | 2027 | 2028 | 2029 | 2030 | 2031 | 2032 | 2033 | 2034 | 2035 | 2036 | 2037 | 2038 | 2039 | 2040 | 2041 | 2042 | 2043 | 2044 | 2045 | 2046 | 2047 | 2048 | 2049 | 2050 | 2051 | 2052 | 2053 | 2054 | 2055 | 2056 | 2057 | 2058 | 2059 | 2060 | 2061 | 2062 | 2063 | 2064 | 2065 | 2066 | 2067 | 2068 | 2069 | 2070 | 2071 | 2072 | 2073 | 2074 | 2075 | 2076 | 2077 | 2078 | 2079 | 2080 | 2081 | 2082 | 2083 | 2084 | 2085 | 2086 | 2087 | 2088 | 2089 | 2090 | 2091 | 2092 | 2093 | 2094 | 2095 | 2096 | 2097 | 2098 | 2099 | 2100 |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|--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| Population | 5.3  | 5.4  | 5.5  | 5.6  | 5.7  | 5.8  | 5.9  | 6.0  | 6.1  | 6.2  | 6.3  | 6.4  | 6.5  | 6.6  | 6.7  | 6.8  | 6.9  | 7.0  | 7.1  | 7.2  | 7.3  | 7.4  | 7.5  | 7.6  | 7.7  | 7.8  | 7.9  | 8.0  | 8.1  | 8.2  | 8.3  | 8.4  | 8.5  | 8.6  | 8.7  | 8.8  | 8.9  | 9.0  | 9.1  | 9.2  | 9.3  | 9.4  | 9.5  | 9.6  | 9.7  | 9.8  | 9.9  | 10.0 | 10.1 | 10.2 | 10.3 | 10.4 | 10.5 | 10.6 | 10.7 | 10.8 | 10.9 | 11.0 | 11.1 | 11.2 | 11.3 | 11.4 | 11.5 | 11.6 | 11.7 | 11.8 | 11.9 | 12.0 | 12.1 | 12.2 | 12.3 | 12.4 | 12.5 | 12.6 | 12.7 | 12.8 | 12.9 | 13.0 | 13.1 | 13.2 | 13.3 | 13.4 | 13.5 | 13.6 | 13.7 | 13.8 | 13.9 | 14.0 | 14.1 | 14.2 | 14.3 | 14.4 | 14.5 | 14.6 | 14.7 | 14.8 | 14.9 | 15.0 | 15.1 | 15.2 | 15.3 | 15.4 | 15.5 | 15.6 | 15.7 | 15.8 | 15.9 | 16.0 | 16.1 | 16.2 | 16.3 | 16.4 | 16.5 | 16.6 | 16.7 | 16.8 | 16.9 | 17.0 | 17.1 | 17.2 | 17.3 | 17.4 | 17.5 | 17.6 | 17.7 | 17.8 | 17.9 | 18.0 | 18.1 | 18.2 | 18.3 | 18.4 | 18.5 | 18.6 | 18.7 | 18.8 | 18.9 | 19.0 | 19.1 | 19.2 | 19.3 | 19.4 | 19.5 | 19.6 | 19.7 | 19.8 | 19.9 | 20.0 | 20.1 | 20.2 | 20.3 | 20.4 | 20.5 | 20.6 | 20.7 | 20.8 | 20.9 | 21.0 | 21.1 | 21.2 | 21.3 | 21.4 | 21.5 | 21.6 | 21.7 | 21.8 | 21.9 | 22.0 | 22.1 | 22.2 | 22.3 | 22.4 | 22.5 | 22.6 | 22.7 | 22.8 | 22.9 | 23.0 | 23.1 | 23.2 | 23.3 | 23.4 | 23.5 | 23.6 | 23.7 | 23.8 | 23.9 | 24.0 | 24.1 | 24.2 | 24.3 | 24.4 | 24.5 | 24.6 | 24.7 | 24.8 | 24.9 | 25.0 | 25.1 | 25.2 | 25.3 | 25.4 | 25.5 | 25.6 | 25.7 | 25.8 | 25.9 | 26.0 | 26.1 | 26.2 | 26.3 | 26.4 | 26.5 | 26.6 | 26.7 | 26.8 | 26.9 | 27.0 | 27.1 | 27.2 | 27.3 | 27.4 | 27.5 | 27.6 | 27.7 | 27.8 | 27.9 | 28.0 | 28.1 | 28.2 | 28.3 | 28.4 | 28.5 | 28.6 | 28.7 | 28.8 | 28.9 | 29.0 | 29.1 | 29.2 | 29.3 | 29.4 | 29.5 | 29.6 | 29.7 | 29.8 | 29.9 | 30.0 | 30.1 | 30.2 | 30.3 | 30.4 | 30.5 | 30.6 | 30.7 | 30.8 | 30.9 | 31.0 | 31.1 | 31.2 | 31.3 | 31.4 | 31.5 | 31.6 | 31.7 | 31.8 | 31.9 | 32.0 | 32.1 | 32.2 | 32.3 | 32.4 | 32.5 | 32.6 | 32.7 | 32.8 | 32.9 | 33.0 | 33.1 | 33.2 | 33.3 | 33.4 | 33.5 | 33.6 | 33.7 | 33.8 | 33.9 | 34.0 | 34.1 | 34.2 | 34.3 | 34.4 | 34.5 | 34.6 | 34.7 | 34.8 | 34.9 | 35.0 | 35.1 | 35.2 | 35.3 | 35.4 | 35.5 | 35.6 | 35.7 | 35.8 | 35.9 | 36.0 | 36.1 | 36.2 | 36.3 | 36.4 | 36.5 | 36.6 | 36.7 | 36.8 | 36.9 | 37.0 | 37.1 | 37.2 | 37.3 | 37.4 | 37.5 | 37.6 | 37.7 | 37.8 | 37.9 | 38.0 | 38.1 | 38.2 | 38.3 | 38.4 | 38.5 | 38.6 | 38.7 | 38.8 | 38.9 | 39.0 | 39.1 | 39.2 | 39.3 | 39.4 | 39.5 | 39.6 | 39.7 | 39.8 | 39.9 | 40.0 | 40.1 | 40.2 | 40.3 | 40.4 | 40.5 | 40.6 | 40.7 | 40.8 | 40.9 | 41.0 | 41.1 | 41.2 | 41.3 | 41.4 | 41.5 | 41.6 | 41.7 | 41.8 | 41.9 | 42.0 | 42.1 | 42.2 | 42.3 | 42.4 | 42.5 | 42.6 | 42.7 | 42.8 | 42.9 | 43.0 | 43.1 | 43.2 | 43.3 | 43.4 | 43.5 | 43.6 | 43.7 | 43.8 | 43.9 | 44.0 | 44.1 | 44.2 | 44.3 | 44.4 | 44.5 | 44.6 | 44.7 | 44.8 | 44.9 | 45.0 | 45.1 | 45.2 | 45.3 | 45.4 | 45.5 | 45.6 | 45.7 | 45.8 | 45.9 | 46.0 | 46.1 | 46.2 | 46.3 | 46.4 | 46.5 | 46.6 | 46.7 | 46.8 | 46.9 | 47.0 | 47.1 | 47.2 | 47.3 | 47.4 | 47.5 | 47.6 | 47.7 | 47.8 | 47.9 | 48.0 | 48.1 | 48.2 | 48.3 | 48.4 | 48.5 | 48.6 | 48.7 | 48.8 | 48.9 | 49.0 | 49.1 | 49.2 | 49.3 | 49.4 | 49.5 | 49.6 | 49.7 | 49.8 | 49.9 | 50.0 | 50.1 | 50.2 | 50.3 | 50.4 | 50.5 | 50.6 | 50.7 | 50.8 | 50.9 | 51.0 | 51.1 | 51.2 | 51.3 | 51.4 | 51.5 | 51.6 | 51.7 | 51.8 | 51.9 | 52.0 | 52.1 | 52.2 | 52.3 | 52.4 | 52.5 | 52.6 | 52.7 | 52.8 | 52.9 | 53.0 | 53.1 | 53.2 | 53.3 | 53.4 | 53.5 | 53.6 | 53.7 | 53.8 | 53.9 | 54.0 | 54.1 | 54.2 | 54.3 | 54.4 | 54.5 | 54.6 | 54.7 | 54.8 | 54.9 | 55.0 | 55.1 | 55.2 | 55.3 | 55.4 | 55.5 | 55.6 | 55.7 | 55.8 | 55.9 | 56.0 | 56.1 | 56.2 | 56.3 | 56.4 | 56.5 | 56.6 | 56.7 | 56.8 | 56.9 | 57.0 | 57.1 | 57.2 | 57.3 | 57.4 | 57.5 | 57.6 | 57.7 | 57.8 | 57.9 | 58.0 | 58.1 | 58.2 | 58.3 | 58.4 | 58.5 | 58.6 | 58.7 | 58.8 | 58.9 | 59.0 | 59.1 | 59.2 | 59.3 | 59.4 | 59.5 | 59.6 | 59.7 | 59.8 | 59.9 | 60.0 | 60.1 | 60.2 | 60.3 | 60.4 | 60.5 | 60.6 | 60.7 | 60.8 | 60.9 | 61.0 | 61.1 | 61.2 | 61.3 | 61.4 | 61.5 | 61.6 | 61.7 | 61.8 | 61.9 | 62.0 | 62.1 | 62.2 | 62.3 | 62.4 | 62.5 | 62.6 | 62.7 | 62.8 | 62.9 | 63.0 | 63.1 | 63.2 | 63.3 | 63.4 | 63.5 | 63.6 | 63.7 | 63.8 | 63.9 | 64.0 | 64.1 | 64.2 | 64.3 | 64.4 | 64.5 | 64.6 | 64.7 | 64.8 | 64.9 | 65.0 | 65.1 | 65.2 | 65.3 | 65.4 | 65.5 | 65.6 | 65.7 | 65.8 | 65.9 | 66.0 | 66.1 | 66.2 | 66.3 | 66.4 | 66.5 | 66.6 | 66.7 | 66.8 | 66.9 | 67.0 | 67.1 | 67.2 | 67.3 | 67.4 | 67.5 | 67.6 | 67.7 | 67.8 | 67.9 | 68.0 | 68.1 | 68.2 | 68.3 | 68.4 | 68.5 | 68.6 | 68.7 | 68.8 | 68.9 | 69.0 | 69.1 | 69.2 | 69.3 | 69.4 | 69.5 | 69.6 | 69.7 | 69.8 | 69.9 | 70.0 | 70.1 | 70.2 | 70.3 | 70.4 | 70.5 | 70.6 | 70.7 | 70.8 | 70.9 | 71.0 | 71.1 | 71.2 | 71.3 | 71.4 | 71.5 | 71.6 | 71.7 | 71.8 | 71.9 | 72.0 | 72.1 | 72.2 | 72.3 | 72.4 | 72.5 | 72.6 | 72.7 | 72.8 | 72.9 | 73.0 | 73.1 | 73.2 | 73.3 | 73.4 | 73.5 | 73.6 | 73.7 | 73.8 | 73.9 | 74.0 | 74.1 | 74.2 | 74.3 | 74.4 | 74.5 | 74.6 | 74.7 | 74.8 | 74.9 | 75.0 | 75.1 | 75.2 | 75.3 | 75.4 | 75.5 | 75.6 | 75.7 | 75.8 | 75.9 | 76.0 | 76.1 | 76.2 | 76.3 | 76.4 | 76.5 | 76.6 | 76.7 | 76.8 | 76.9 | 77.0 | 77.1 | 77.2 | 77.3 | 77.4 | 77.5 | 77.6 | 77.7 | 77.8 | 77.9 | 78.0 | 78.1 | 78.2 | 78.3 | 78.4 | 78.5 | 78.6 | 78.7 | 78.8 | 78.9 | 79.0 | 79.1 | 79.2 | 79.3 | 79.4 | 79.5 | 79.6 | 79.7 | 79.8 | 79.9 | 80.0 | 80.1 | 80.2 | 80.3 | 80.4 | 80.5 | 80.6 | 80.7 | 80.8 | 80.9 | 81.0 | 81.1 | 81.2 | 81.3 | 81.4 | 81.5 | 81.6 | 81.7 | 81.8 | 81.9 | 82.0 | 82.1 | 82.2 | 82.3 | 82.4 | 82.5 | 82.6 | 82.7 | 82.8 | 82.9 | 83.0 | 83.1 | 83.2 | 83.3 | 83.4 | 83.5 | 83.6 | 83.7 | 83.8 | 83.9 | 84.0 | 84.1 | 84.2 | 84.3 | 84.4 | 84.5 | 84.6 | 84.7 | 84.8 | 84.9 | 85.0 | 85.1 | 85.2 | 85.3 | 85.4 | 85.5 | 85.6 | 85.7 | 85.8 | 85.9 | 86.0 | 86.1 | 86.2 | 86.3 | 86.4 | 86.5 | 86.6 | 86.7 | 86.8 | 86.9 | 87.0 | 87.1 | 87.2 | 87.3 | 87.4 | 87.5 | 87.6 | 87.7 | 87.8 | 87.9 | 88.0 | 88.1 | 88.2 | 88.3 | 88.4 | 88.5 | 88.6 | 88.7 | 88.8 | 88.9 | 89.0 | 89.1 | 89.2 | 89.3 | 89.4 | 89.5 | 89.6 | 89.7 | 89.8 | 89.9 | 90.0 | 90.1 | 90.2 | 90.3 | 90.4 | 90.5 | 90.6 | 90.7 | 90.8 | 90.9 | 91.0 | 91.1 | 91.2 | 91.3 | 91.4 | 91.5 | 91.6 | 91.7 | 91.8 | 91.9 | 92.0 | 92.1 | 92.2 | 92.3 | 92.4 | 92.5 | 92.6 | 92.7 | 92.8 | 92.9 | 93.0 | 93.1 | 93.2 | 93.3 | 93.4 | 93.5 | 93.6 | 93.7 | 93.8 | 93.9 | 94.0 | 94.1 | 94.2 | 94.3 | 94.4 | 94.5 | 94.6 | 94.7 | 94.8 | 94.9 | 95.0 | 95.1 | 95.2 | 95.3 | 95.4 | 95.5 | 95.6 | 95.7 | 95.8 | 95.9 | 96.0 | 96.1 | 96.2 | 96.3 | 96.4 | 96.5 | 96.6 | 96.7 | 96.8 | 96.9 | 97.0 | 97.1 | 97.2 | 97.3 | 97.4 | 97.5 | 97.6 | 97.7 | 97.8 | 97.9 | 98.0 | 98.1 | 98.2 | 98.3 | 98.4 | 98.5 | 98.6 | 98.7 | 98.8 | 98.9 | 99.0 | 99.1 | 99.2 | 99.3 | 99.4 | 99.5 | 99.6 | 99.7 | 99.8 | 99.9 | 100.0 | 100.1 | 100.2 | 100.3 | 100.4 | 100.5 | 100.6 | 100.7 | 100.8 | 100.9 | 101.0 | 101.1 | 101.2 | 101.3 | 101.4 | 101.5 | 101.6 | 101.7 | 101.8 | 101.9 | 102.0 | 102.1 | 102.2 | 102.3 | 102.4 | 102.5 | 102.6 | 102.7 | 102.8 | 102.9 | 103.0 | 103.1 | 103.2 | 103.3 | 103.4 | 103.5 | 103.6 | 103.7 | 103.8 | 103.9 | 104.0 | 104.1 | 104.2 | 104.3 | 104.4 | 104.5 | 104.6 | 104.7 | 104.8 | 104.9 | 105.0 | 105.1 | 105.2 | 105.3 | 105.4 | 105.5 | 105.6 | 105.7 | 105.8 | 105.9 | 106.0 | 106.1 | 106.2 | 106.3 | 106.4 | 106.5 | 106.6 | 106.7 | 106.8 | 106.9 | 107.0 | 107.1 | 107.2 | 107.3 | 107.4 | 107.5 | 107.6 | 107.7 | 107.8 | 107.9 | 108.0 | 108.1 | 108.2 | 108.3 | 108.4 | 108.5 | 108.6 | 108.7 | 108.8 | 108.9 | 109.0 | 109.1 | 109.2 | 109.3 | 109.4 | 109.5 | 109.6 | 109.7 | 109.8 | 109.9 | 110.0 | 110.1 | 110.2 | 110.3 | 110.4 | 110.5 | 110.6 | 110.7 | 110.8 | 110.9 | 111.0 | 111.1 | 111.2 | 111.3 | 111.4 | 111.5 | 111.6 | 111.7 | 111.8 | 111.9 | 112.0 | 112.1 | 112.2 | 112.3 | 112.4 | 112.5 | 112.6 | 112.7 | 112.8 | 112.9 | 113.0 | 113.1 | 113.2 | 113.3 | 113.4 | 113.5 | 113.6 | 113.7 | 113.8 | 113.9 | 114.0 | 114.1 | 114.2 | 114.3 | 114.4 | 114.5 | 114.6 | 114.7 | 114.8 | 114.9 | 115.0 | 115.1 | 115.2 | 115.3 | 115.4 | 115.5 | 115.6 | 115.7 | 115.8 | 115.9 | 116.0 | 116.1 | 116.2 | 116.3 | 116.4 | 116.5 | 116.6 | 116.7 | 116.8 | 116.9 | 117.0 | 117.1 | 117.2 | 117.3 | 117.4 | 117.5 | 117.6 | 117.7 | 117.8 | 117.9 | 118.0 | 118.1 | 118.2 | 118.3 | 118.4 | 118.5 | 118.6 | 118.7 | 118.8 | 118.9 | 119.0 | 119.1 | 119.2 | 119.3 | 119.4 | 119.5 | 119.6 | 119.7 | 119.8 | 119.9 | 120.0 | 120.1 | 120.2 | 120.3 | 120.4 | 120.5 | 120.6 | 120.7 | 120.8 | 120.9 | 121.0 | 121.1 | 121.2 | 121.3 | 121.4 | 121.5 | 121.6 | 121.7 | 121.8 | 121.9 | 122.0 | 122.1 | 122.2 | 122.3 | 122.4 | 122.5 | 122.6 | 122.7 | 122.8 | 122.9 | 123.0 | 123.1 | 123.2 | 123.3 | 123.4 | 123.5 | 123.6 | 123.7 | 123.8 | 123.9 | 124.0 | 124.1 | 124.2 | 124.3 | 124.4 | 124.5 | 124.6 | 124.7 | 124.8 | 124.9 | 125.0 | 125.1 | 125.2 | 125.3 | 125.4 | 125.5 | 125.6 | 125.7 | 125.8 | 125.9 | 126.0 | 126.1 | 126.2 | 126.3 | 126.4 | 126.5 | 126.6 | 126.7 | 126.8 | 126.9 | 127.0 | 127.1 | 127.2 |

# REBOUND DRILL



## METHOD OF RUNNING DRILL

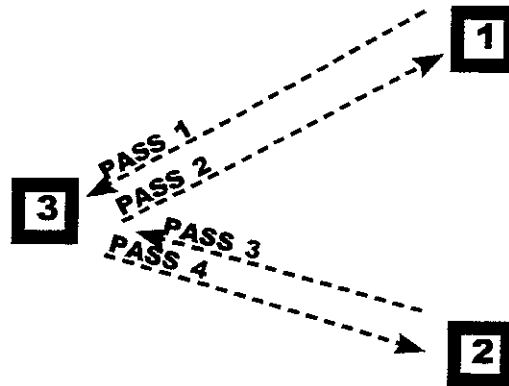
- line players around the boards approximately 10 feet from the boards
- players throw ball to boards and catch the rebounds players should be encouraged to practice with both hands and behind the back

## USE AND PURPOSE OF DRILL

- improves concentration
- improves eye-hand co-ordination
- utilizing a target will increase accuracy
- checks shooting characteristics of stick
- best of the "home improvement" drills



# STATIONARY DIAGONAL PASSING & CATCHING



**NOTE:** Only one ball should be used for Mini-tyke to PeeWee.

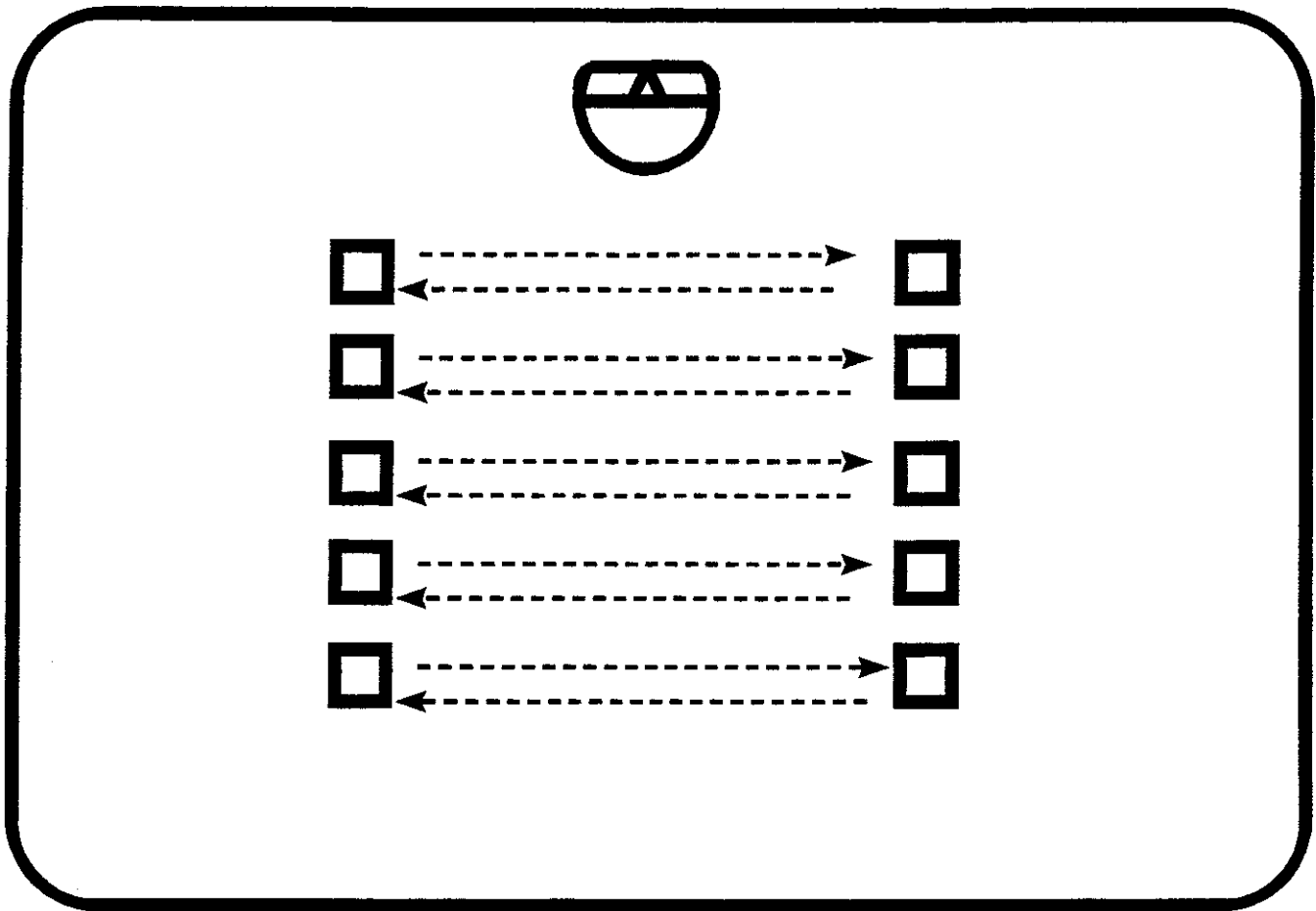
## METHOD OF RUNNING DRILL

- players form groups of 3 in a triangle as shown
- players [1] and [2] have a ball
- player [1] passes to player [3]
- player [3] returns pass to player [1]
- player [2] passes to player [3]
- player [3] returns pass to player [1]
- each player takes a turn in position [3]

## USE AND PURPOSE OF DRILL

- "quick stick" drill
- increases accuracy
- excellent drill for topman and shooter position players in the power play
- increases concentration

# STATIONARY PAIRED PASSING & CATCHING



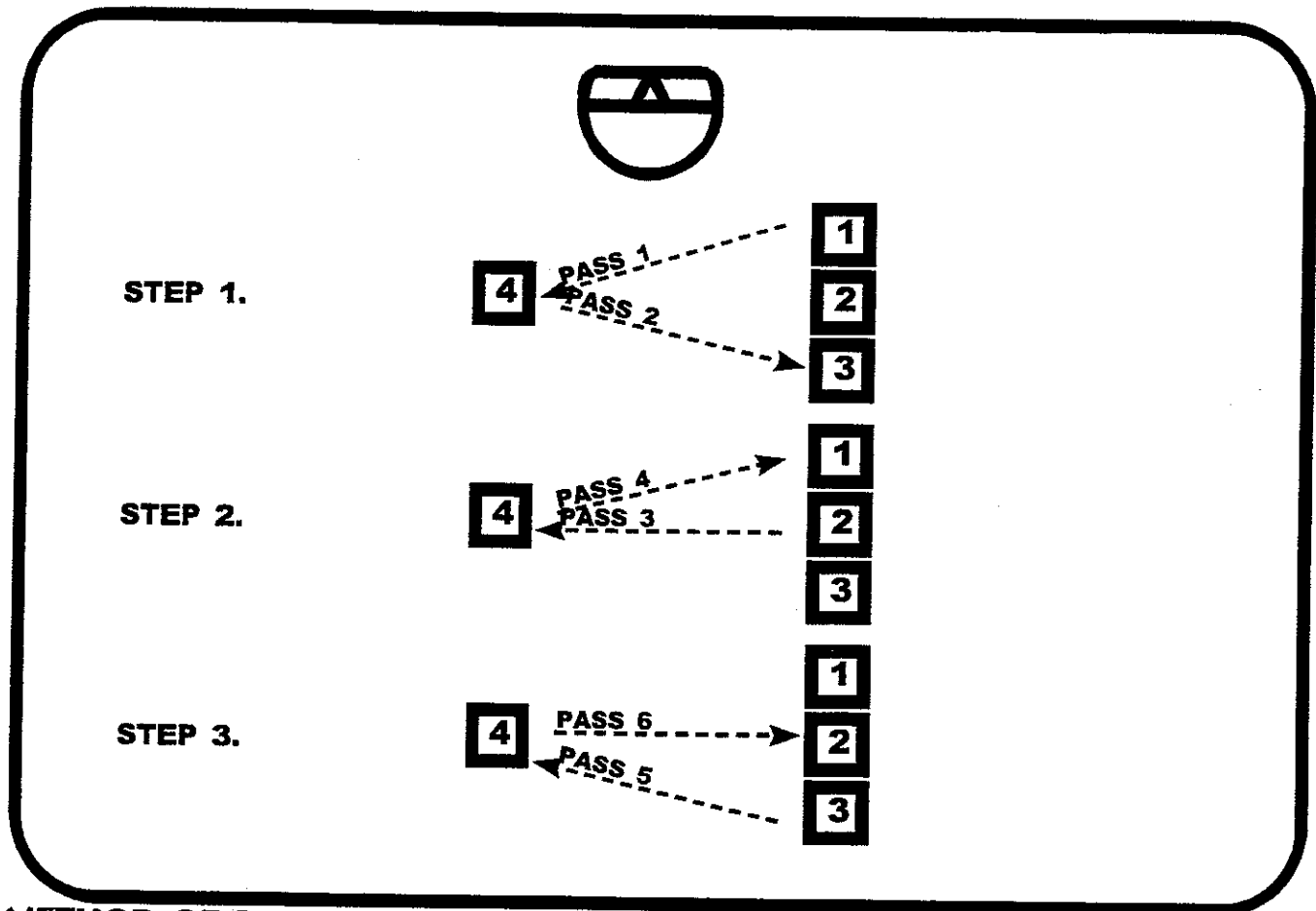
## METHOD OF RUNNING DRILL

- each pair with ball;
- second ball added when proficient.

## USE AND PURPOSE OF DRILL

- improves passing accuracy;
- improves players ability to offer a target;
- improves players ability to "quick stick"; and
- coach can introduce extra difficulty by having the passing players move the ball around the receivers; e.g. left, right, high and low.

# QUICK RELEASE PASSING & CATCHING DRILL



## METHOD OF RUNNING DRILL

- 2 balls for each group of 4
- this drill is conducted similar to the 3 man stationary drill, however one player is added
- players [1] and [2] have balls
- player [1] passes to player [4]
- player [4] passes to player [3]
- player [2] passes to player [4]
- player [4] passes to player [1]
- player [3] passes to player [4]
- player [4] passes to player [2]

## USE AND PURPOSE OF DRILL

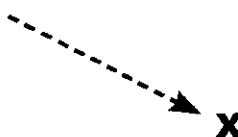
- excellent "quick stick" drill
- increases concentration
- offers challenge to better players
- chance to introduce competition between units

# QUICK STICK



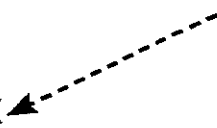
**Bucket of Balls "A"**

X



X

X



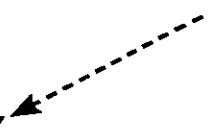
X

X



X

X



**Empty Bucket "B"**





# QUICK STICK

## METHOD OF RUNNING DRILL

- using the length of the practice box, line your team up in a zig zag fashion (standing in one spot)
- get as many balls into the empty bucket "B"
- let any loose balls go astray
- as your team gets better at passing and catching the ball, more will get in the end bucket
- introduce a stop watch -beat your last time
- when "A" bucket is empty, reverse the drill
- vary the distance between lines to coincide with age and ability

## USE AND PURPOSE OF DRILL

- teaches good hand eye co-ordination
- teaches short accurate passing and reach with one motion
- teaches all to be in the ready position
- teaches them that passing the ball, moves it up the floor
- gives them confidence



# STATIONARY FOUR-CORNER PASSING



**NOTE:** Should only be used to correct faults.

## METHOD OF RUNNING DRILL

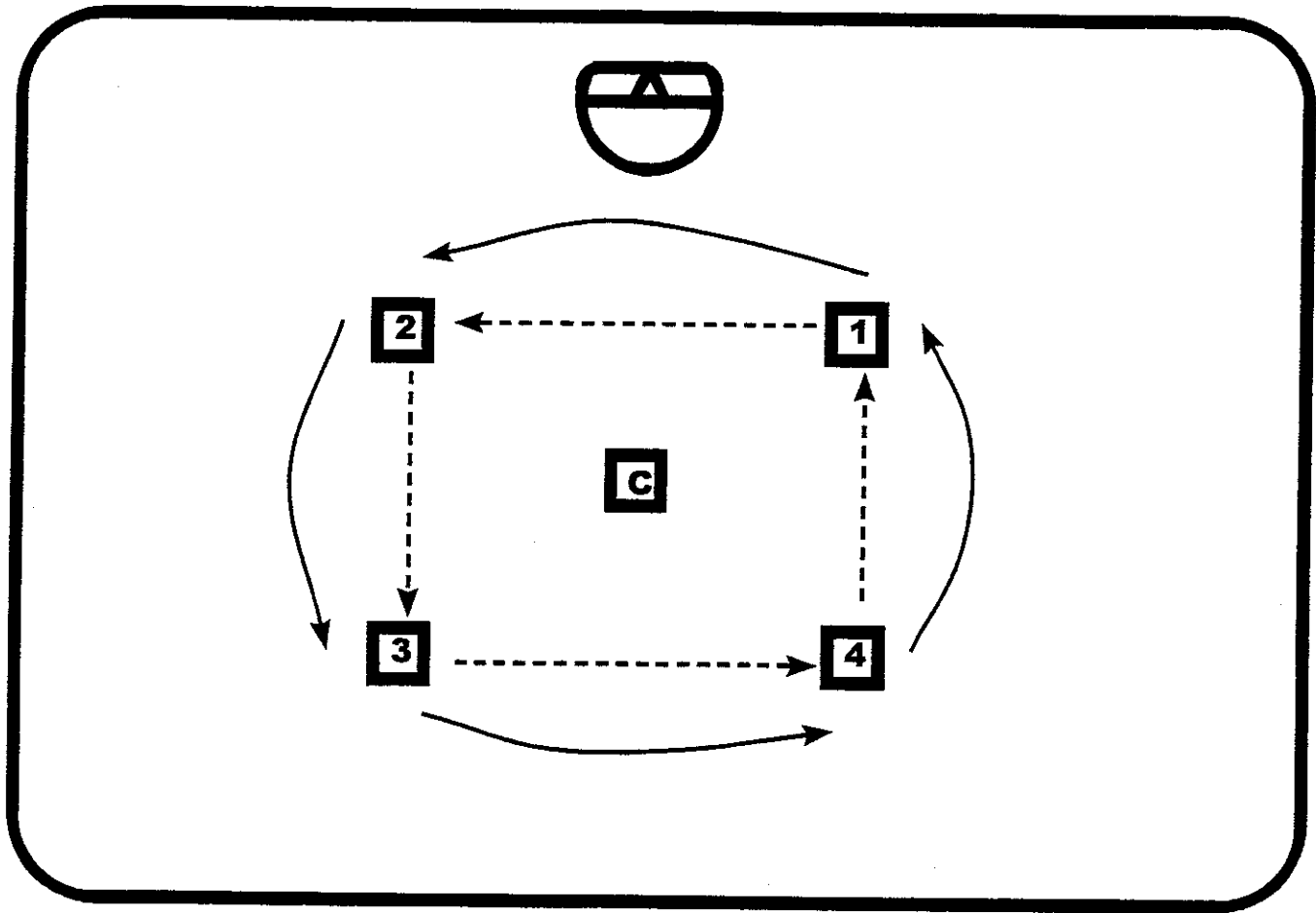
- players form a rectangle;
- one ball per group.
- players pass ball around the rectangle;
- ball should travel in both directions.

## USE AND PURPOSE OF DRILL

- coach has good view of players;
- simple drill where corrections to skills can be accomplished;
- because the drill has "no motion" it should only be used sparingly or at a beginners level.

**NOTE** to advance this drill, have players pass the ball to anyone in the drill **WITHOUT** looking at the player you are passing to.

# MOVING FOUR-CORNER PASSING



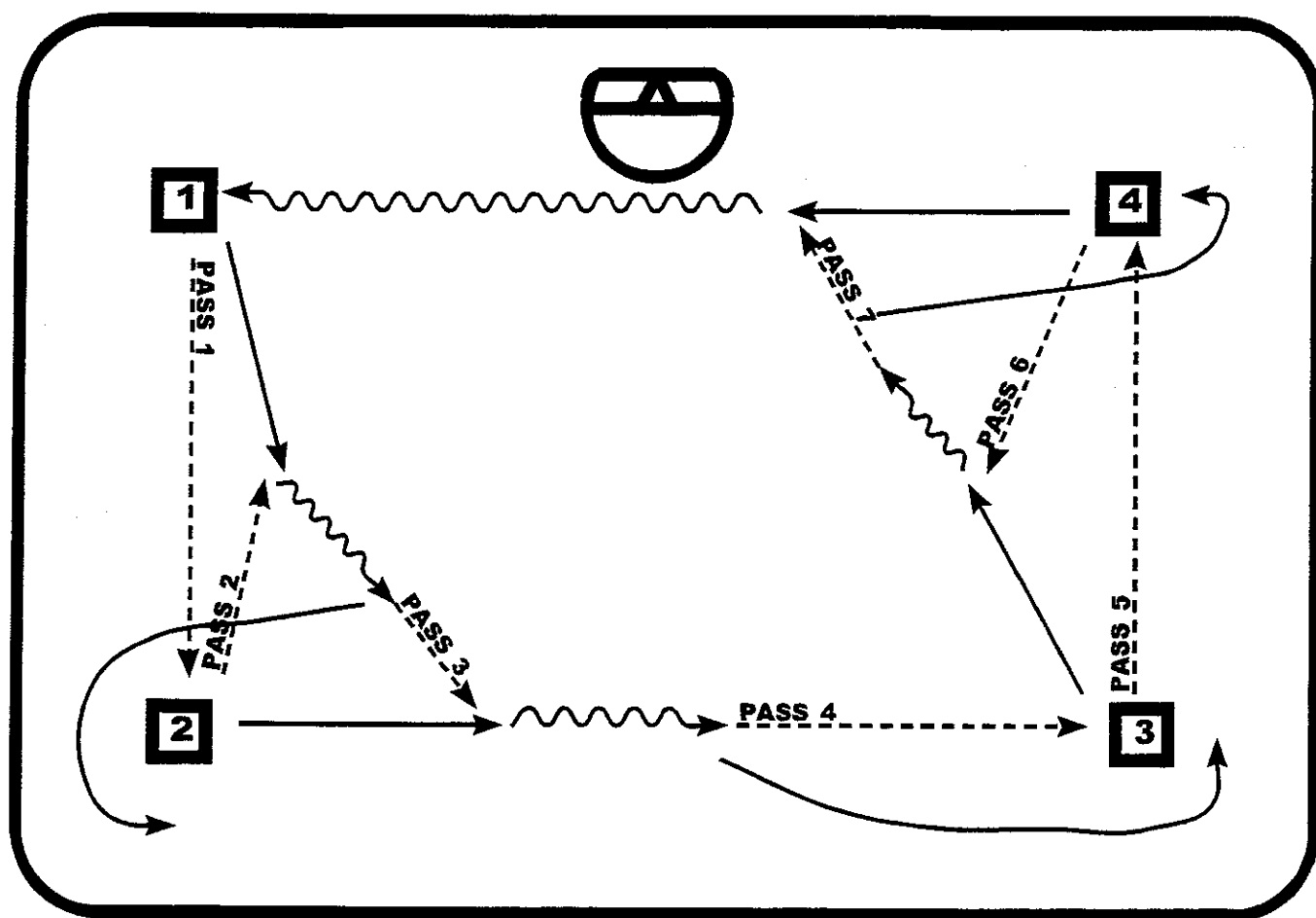
## METHOD OF RUNNING DRILL

- ball starts at player [1]
- player [1] passes to player [2]
- player [1] moves to player [2] position
- player [2] passes to player [3]
- player [2] moves to player [3] position
- rotate around in one direction one complete turn then reverse the action

## USE AND PURPOSE OF DRILL

- enforces the rule of "pass and follow"
- puts motion into the drill
- quick accurate passes are developed
- if player [2] holds the pass until player [1] sets a pick in front of him, then player [2] could pivot around player [1]. This adds variety to this drill

# ADVANCED FOUR-CORNER PASSING



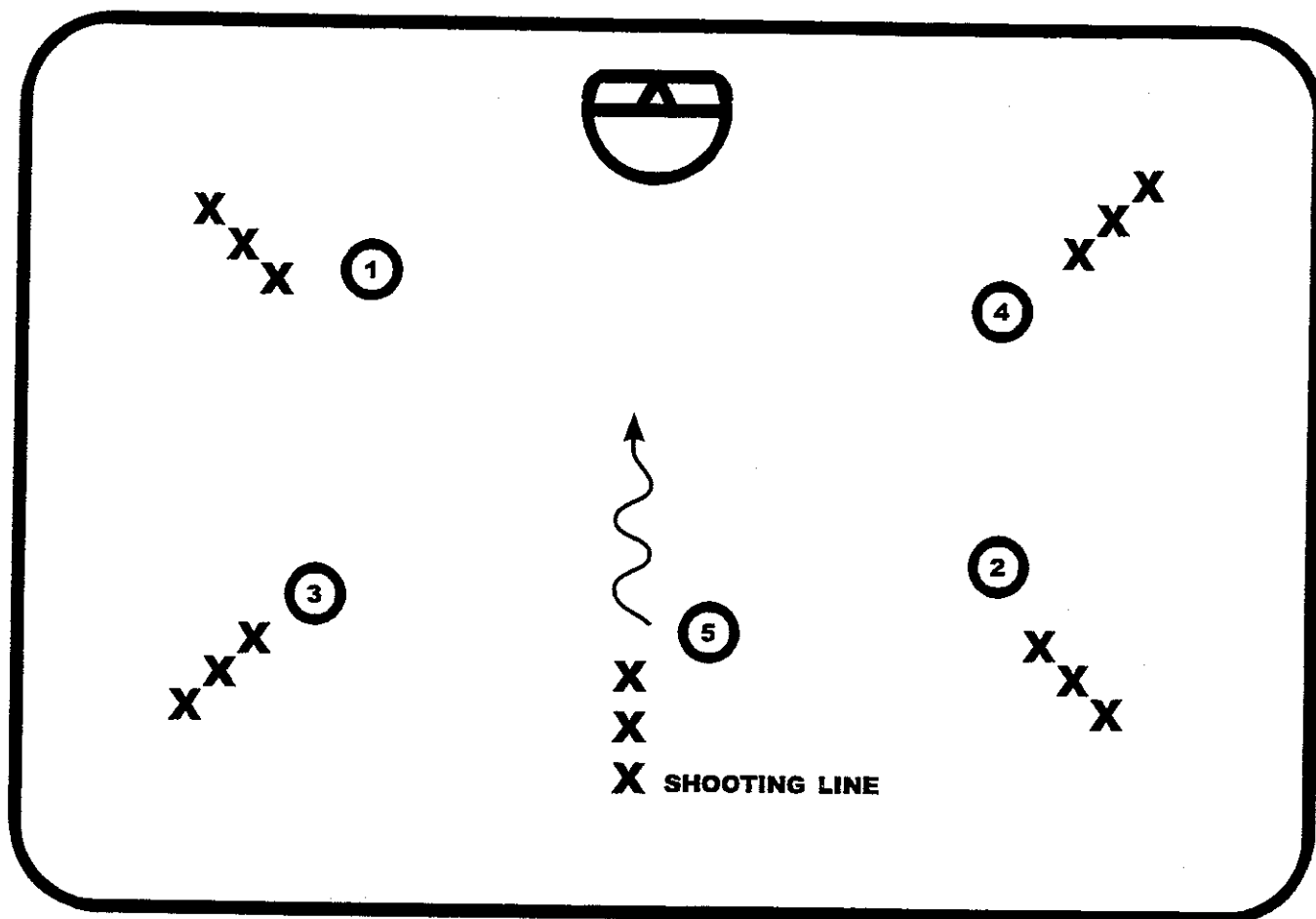
## METHOD OF RUNNING DRILL

- player [1] passes to player [2], breaks and receives return pass
- player [2] breaks after return pass to player [1] and in return receives a return pass from player [1] (on completion [1] takes [2] position)
- player [2] passes to player [3] and follows through to [3] position
- player [3] passes to player [4], breaks and receives return pass;
- player [4] breaks and receives return pass from player [3];
- player [4] continues on to player [1] position and player [3] rolls into player [4]'s position
- play starts again or start ball in player [4] positions and run the other direction

## USE AND PURPOSE OF DRILL

- excellent "motion offence" drill
- re-enforces "pass and follow"
- makes players mentally concentrate

# STAR DRILL



## METHOD OF RUNNING DRILL

- 5 post positions (unit or line drill)
- player 1 passes to player 2 and then follows the pass
- player 2 passes to player 3 and then follows the pass
- player 3 passes down to the crease to player 4 and follows the pass
- line 5 is the shooting line and they break towards net and receives the pass from player 4. After the shot, players 5 goes to player 1 and player 4 goes to player 5

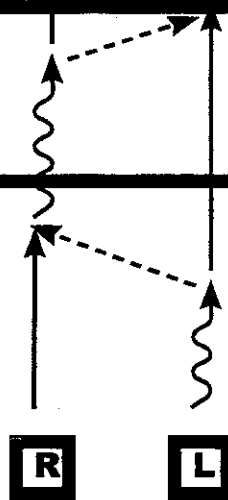
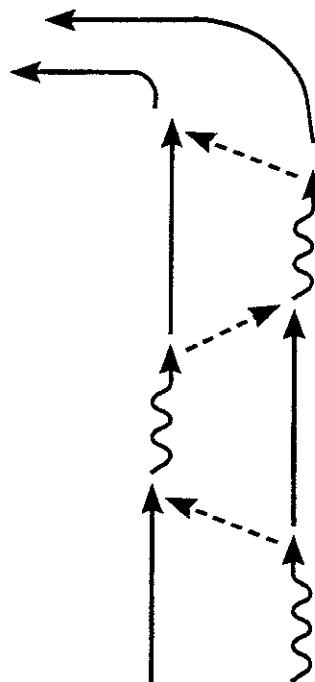
## USE AND PURPOSE OF DRILL

- great warm-up drill, stresses mental preparation, fast accurate passes and catches
- warms-up the goalie.

# MOVING PAIRS

|   |   |
|---|---|
| L | R |
| L | R |
| L | R |

SAME ROUTINE



|   |   |
|---|---|
| R | L |
| R | L |
| R | L |
| R | L |



# MOVING PAIRS

## METHOD OF RUNNING DRILL

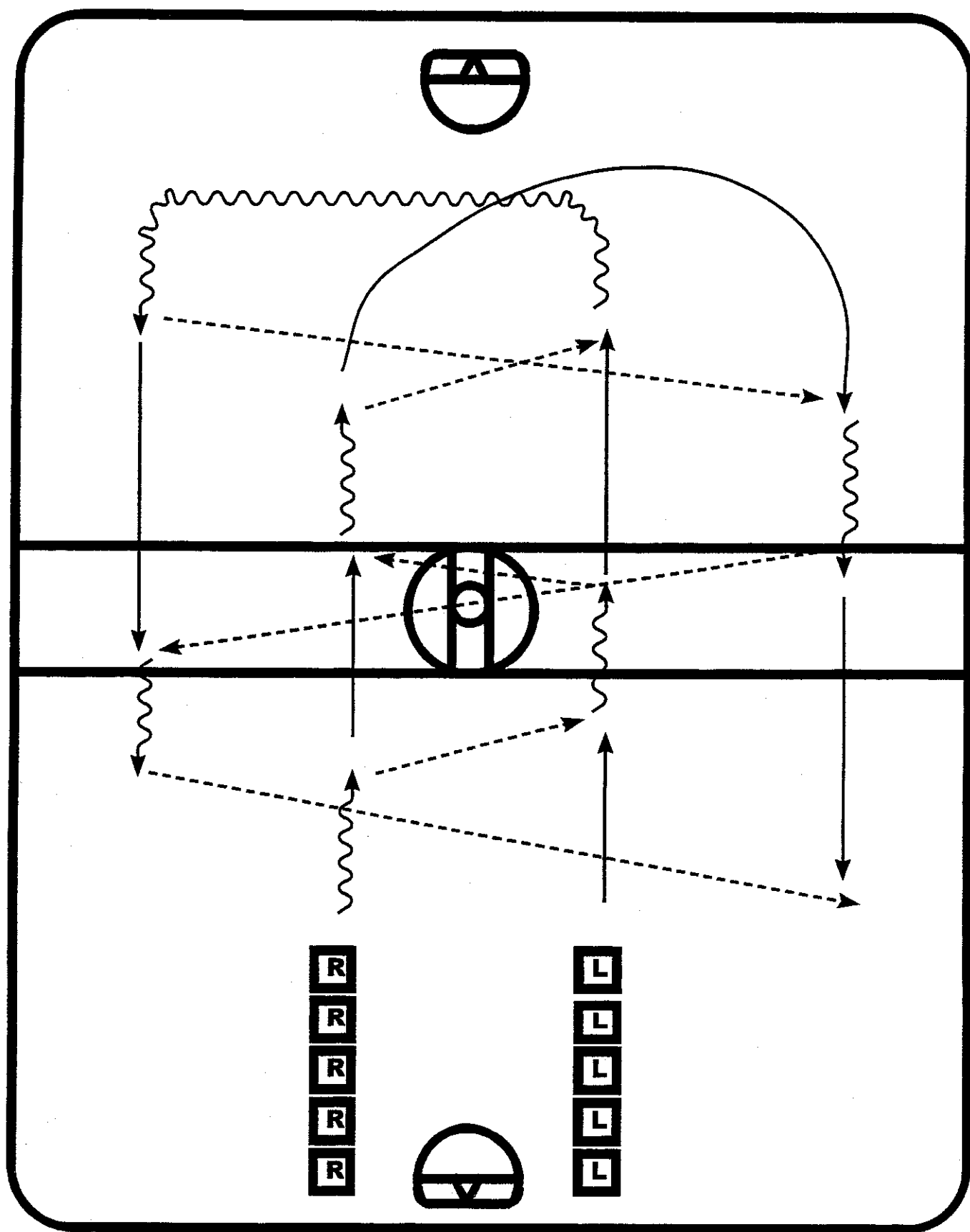
- line up lefts and rights in opposite corners of the box
- one ball per pair
- players start by jogging and reach full speed on way down floor
- after one length of floor, fall into line

## USE AND PURPOSE OF DRILL

- combines movement, pass, catch and conditioning
- use of all players in one drill
- enforces skill of short accurate passing and catching



# MOVING PAIRS ADVANCED





# MOVING PAIRS ADVANCED

## METHOD OF RUNNING DRILL

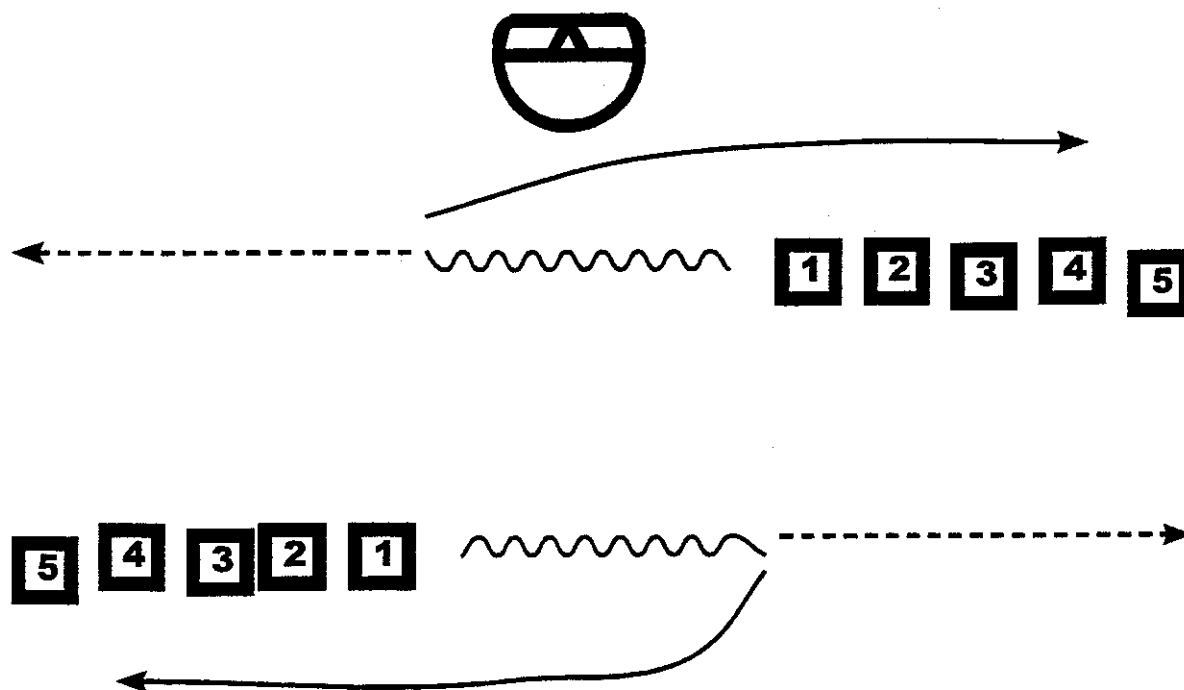
- line up left and rights on each side of net
- each pair has a ball
- in turn each pair runs length of floor, passing back and forth
- when players arrive at end of box they cross over and continue passing back and forth out wide along the boards
- crossover ensures players on correct side of the box

## USE AND PURPOSE OF DRILL

- fun drill for boys and girls, develops up while pass and catching at different lengths



# REBOUND DRILL



**NOTE: Each line or unit to start drill with at least half floor remaining.**

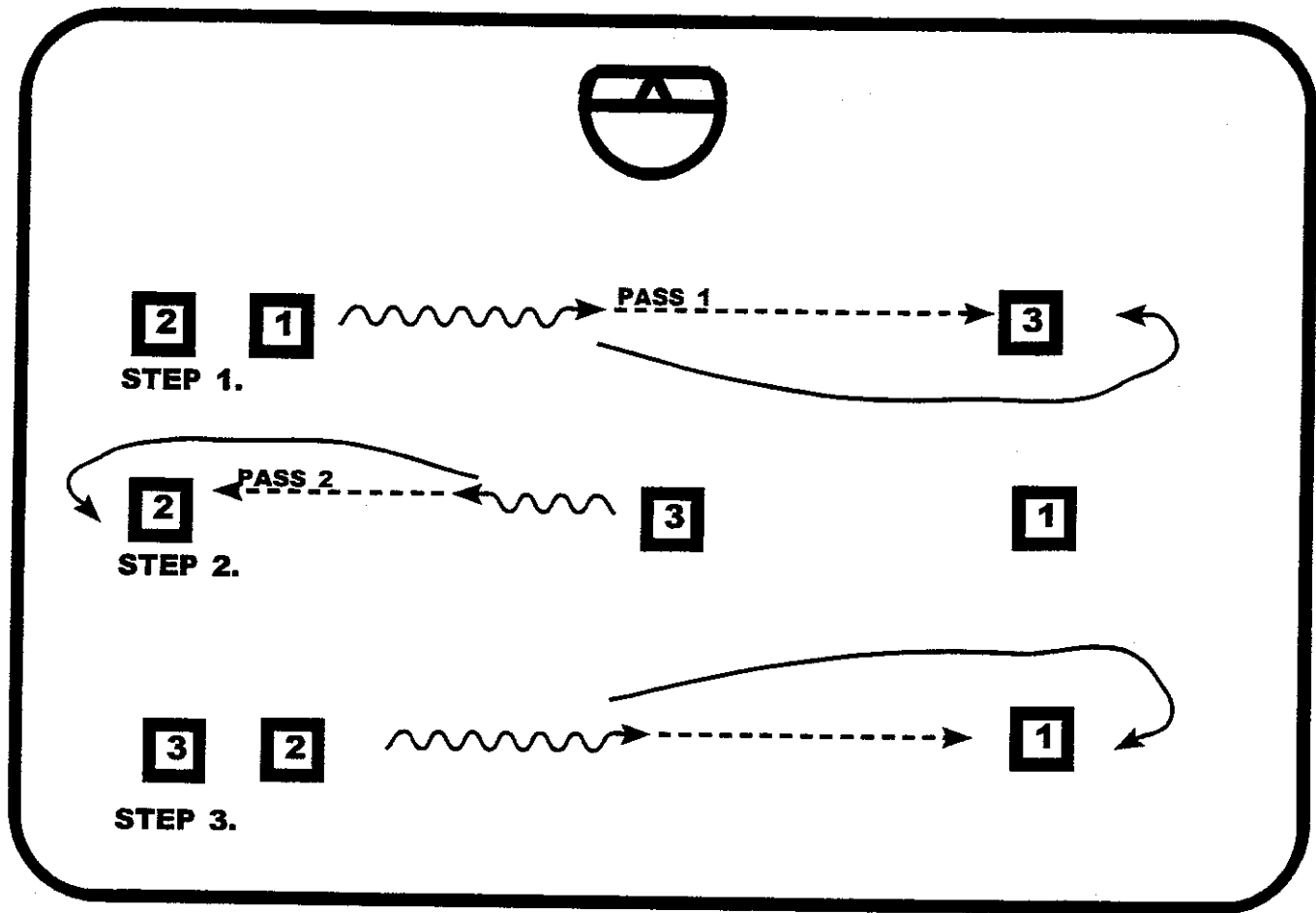
## METHOD OF RUNNING DRILL

- head of each line throws ball at boards and races back to the end of his line
- next in line moves to ball, gains possession, makes his throw to boards, then moves to the end of the line
- repeat for all players in the unit or line; and
- ensure players hit the boards first and not the floor

## USE AND PURPOSE OF DRILL

- excellent pre-practice or pre-game drill to "warm up" the athlete
- start team competition by counting number of times drill completed by each unit without a dropped or misfired ball
- coaches to check "follow through" of each player to ensure accuracy and speed of ball release
- coach can train and correct players to ensure good body position when pressured by defensive player

# THREE PLAYER SHUTTLE PASSING



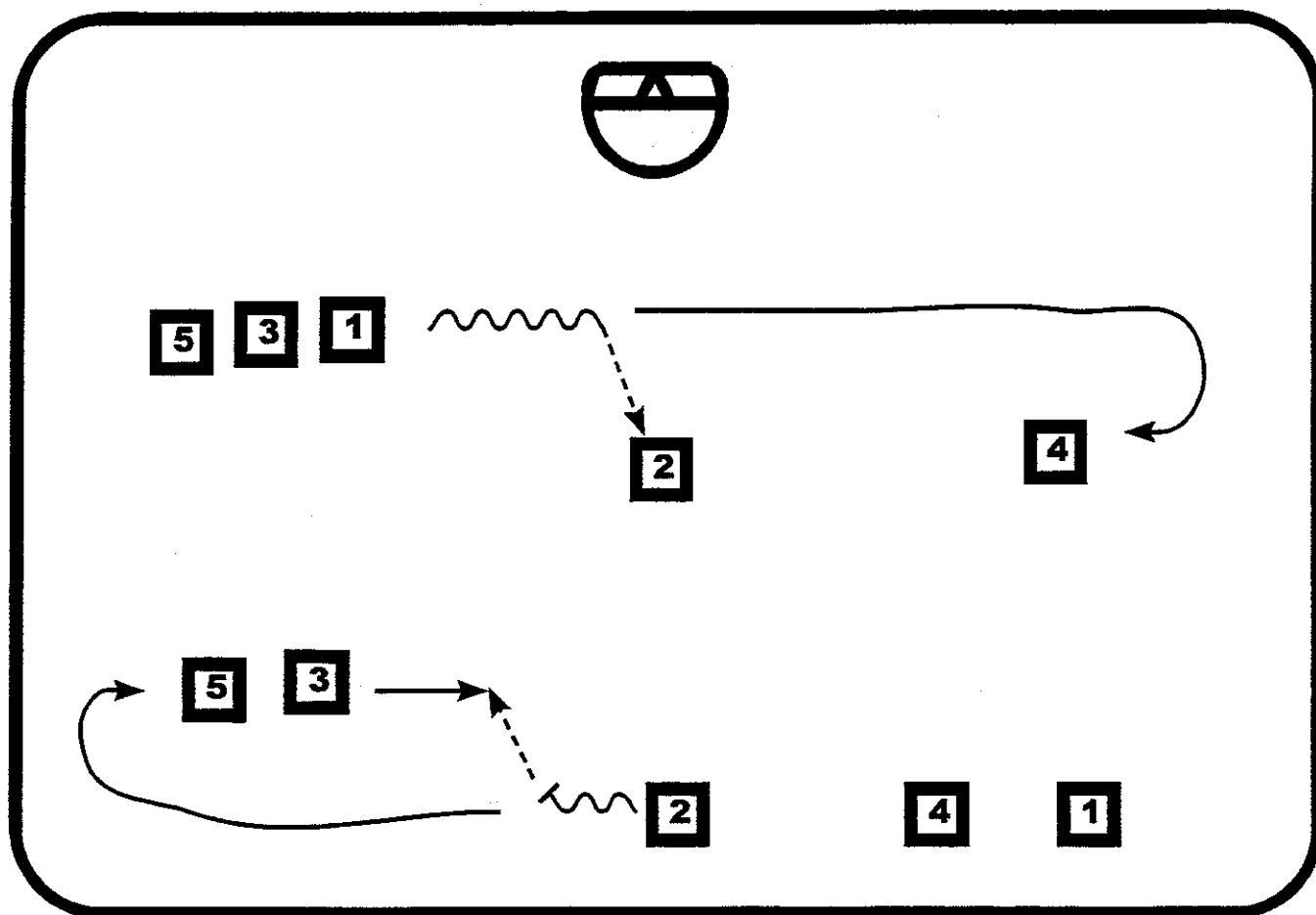
## METHOD OF RUNNING DRILL

- form players in groups of 3 as shown
- 1 ball per group
- player [1] runs forward a few steps and passes to [3]
- player [1] after pass sprints to the far boards
- player [3] receives pass on the run and passes to player [2]
- player [3] after pass springs to the far boards
- player [2] receives pass on the run and passes to player [1]
- repeat for designated time or whistle

## USE AND PURPOSE OF DRILL

- offers combination of catch pass drill and conditioning
- keeps all players active at one time to accomplish conditioning
- enforces the pass and follow theory in order to pick up loose Balls

# STAGGERED SHUTTLE



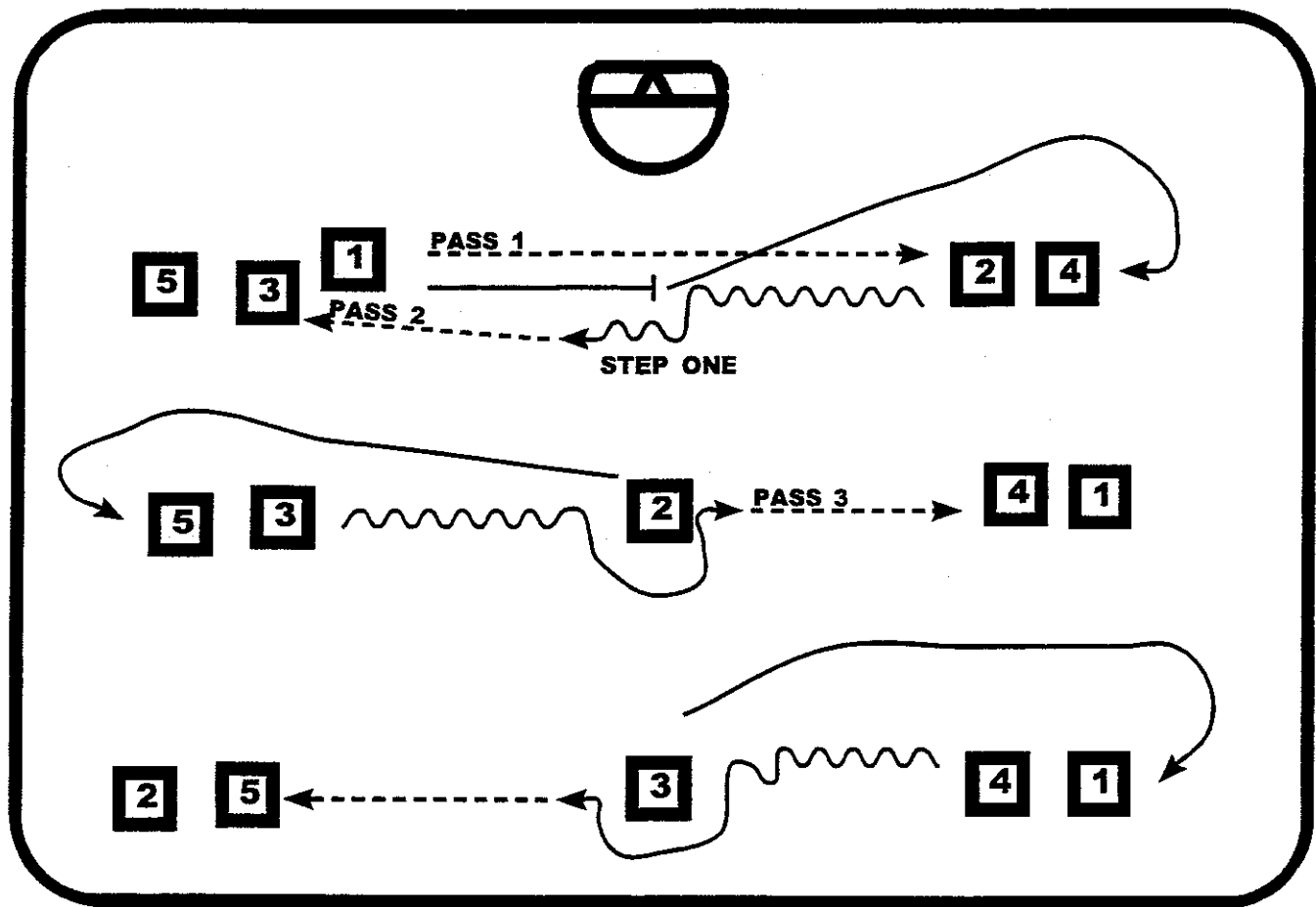
## METHOD OF RUNNING DRILL

- players form uneven lines of five
- lines are not directly in front of each other, but staggered as shown
- player [1] runs a few steps and passes to player [2] who has run towards him
- player [1] sprints to end of line at opposite boards
- player [2] then passes to player [3] who has run towards him
- player [2] sprints remaining distance to end of the line
- shuttle continues until whistle

## USE AND PURPOSE OF DRILL

- increases run and pass skills
- increases run and catch skills
- coach can encourage 5 man units to compete one against the other for most passes without error
- coach can introduce the "flip" pass to players

# DODGE & ROLL SHUTTLE PASS



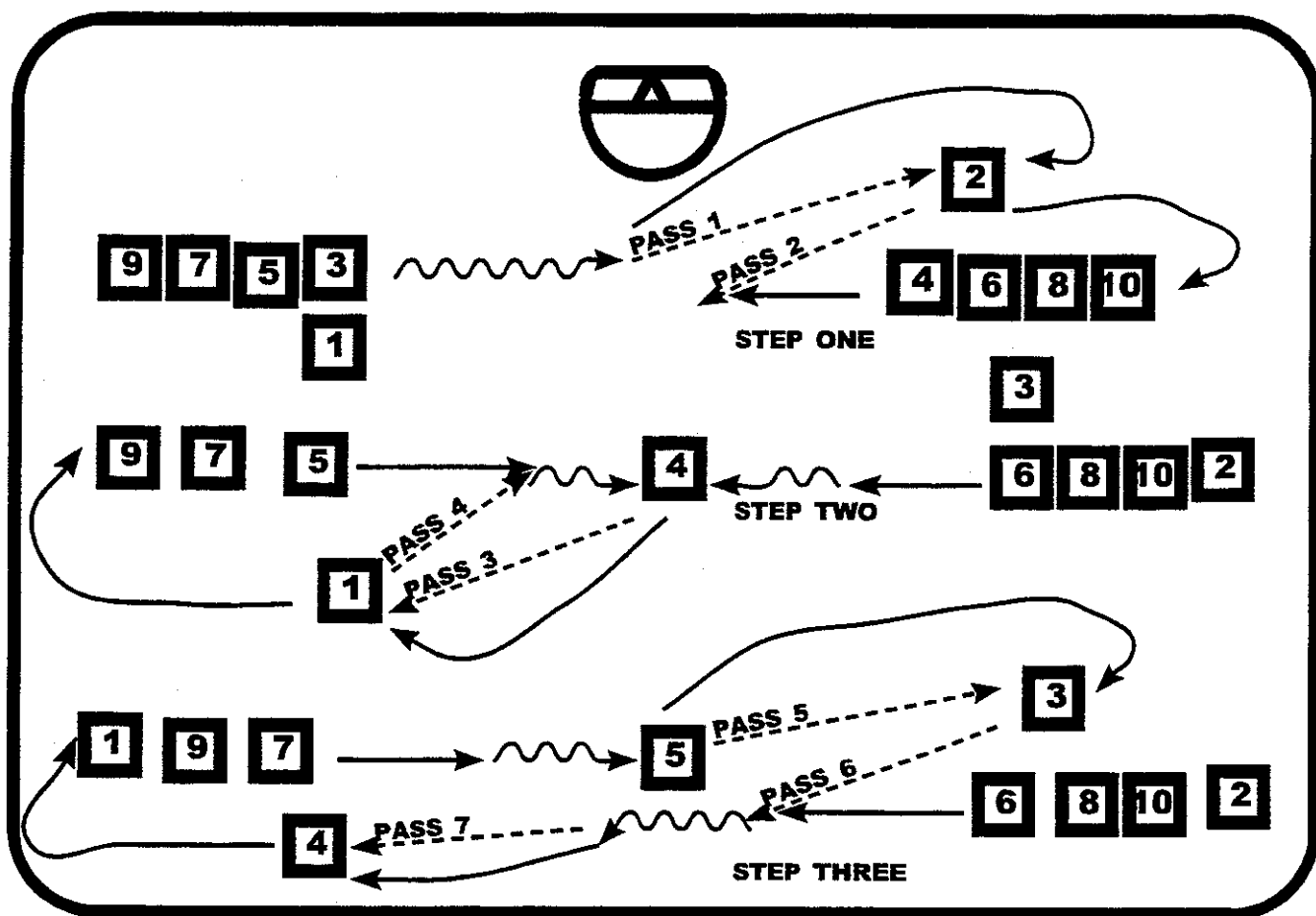
## METHOD OF RUNNING DRILL

- player who makes the pass goes to middle of the floor and becomes an obstacle around which the receiver must roll or dodge prior to making the pass to the opposite line
- player [1] passes to player [2] then mid points and sets block;
- player [2] catches the pass advances and either dodges or rolls around the player and passes to player [3]
- player [2] then mid points and sets block
- player [3] advances, rolls or dodges and passes to player [4]
- player [3] then mid points and sets block
- player [4] advances, rolls or dodges and passes to player [5]
- player [4] then mid points and sets block
- player [5] advances, rolls or dodges and starts the whole process again

## USE AND PURPOSE OF DRILL

- adds another dimension to the Shuttle Pass
- combines all the offensive skills into one drill
- affords the coach an opportunity to correct faults
- drill can be combined with "break outs" and "line change" drills

# OVER THE SHOULDER SHUTTLE



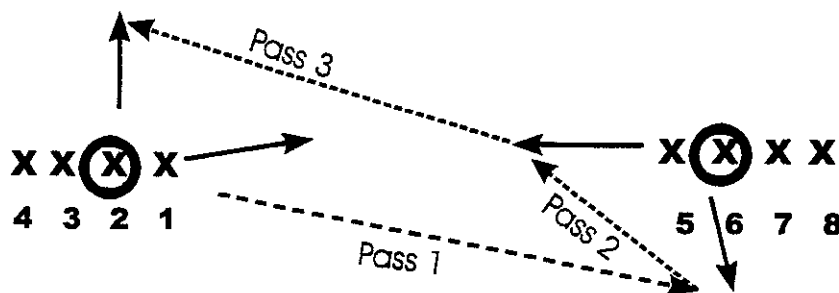
## METHOD OF RUNNING DRILL

- line up two (2) five (5) man lines or units (four also works)
- to start drill player [3] moves with ball, passes to player [2], then sprints to player [2] position
- when player [2] has the pass, player [4] breaks and receives pass over his shoulder
- player [4] then passes to player [1] and sprints to player [1] position
- player [2] moves to end of line after passing
- player [5] then breaks and receives pass over the shoulder from player [1]
- player [1] goes to end of line
- player [5] passes to player [3] then sprints to player [3] position, etc., etc.

## USE AND PURPOSE OF DRILL

- another variation of the shuttle pass, however two units are kept active
- excellent mental drill to practice concentration
- hones accuracy of the "over the shoulder pass"

# BREAKAWAY PASS DRILL



**NOTE:** Use full width of arena or run length-ways.

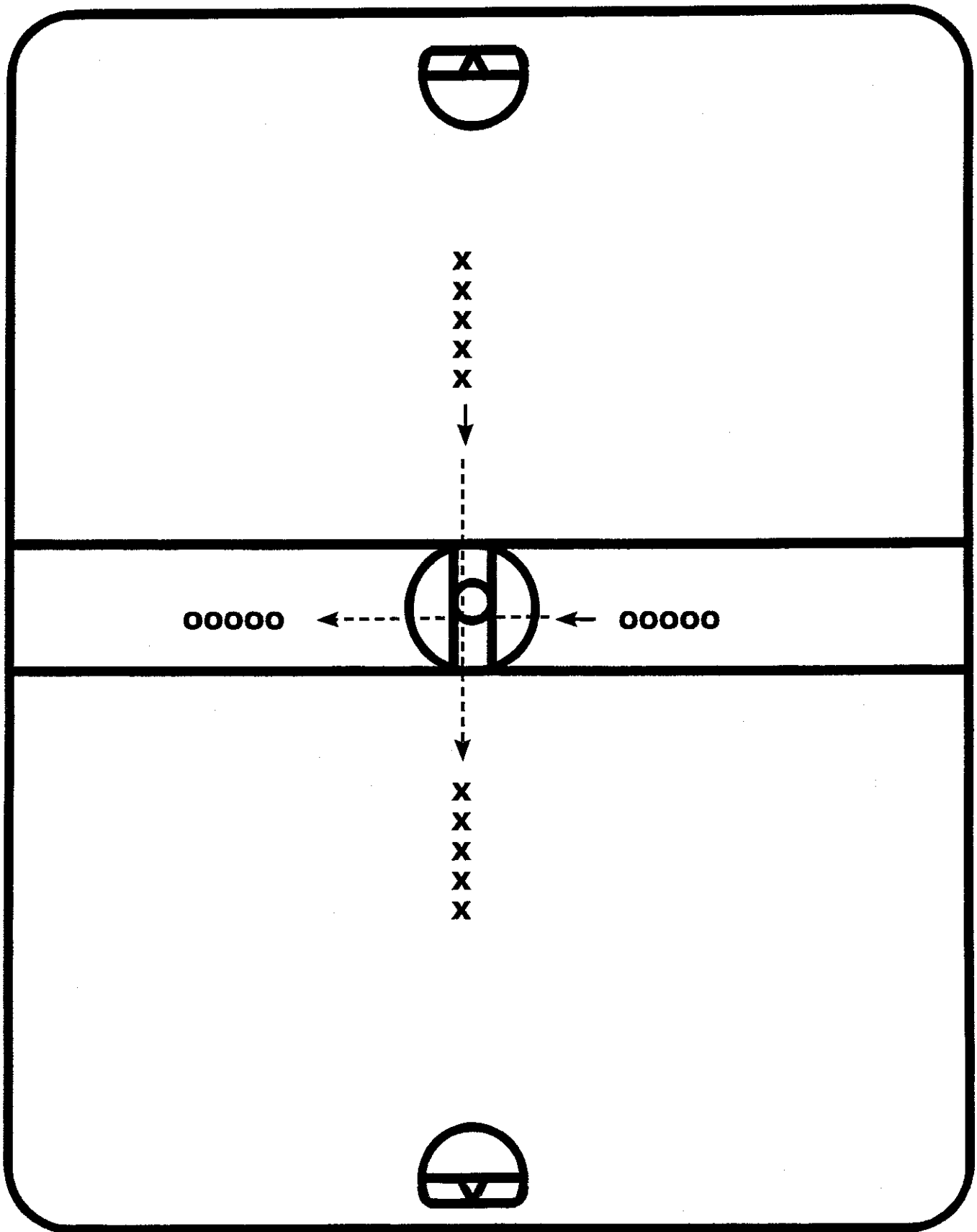
## METHOD OF RUNNING DRILL

- player 1 passes to player 6 then player 5 breaks out for the breakaway pass from player 6
- player 5 then passes quickly to player 2 who passes to player 1
- players run to end of opposite line after pass
- players always pass to SECOND player in the line who steps out
- the drill keeps repeating itself

## USE AND PURPOSE OF DRILL

- great mental training to emphasize concentration
- a passing drill to foster the ability to catch over the shoulder pass which is a requisite For running a fast break offense.

# PASSING CATCHING DRILL WITH TRAFFIC





# PASSING CATCHING DRILL WITH TRAFFIC

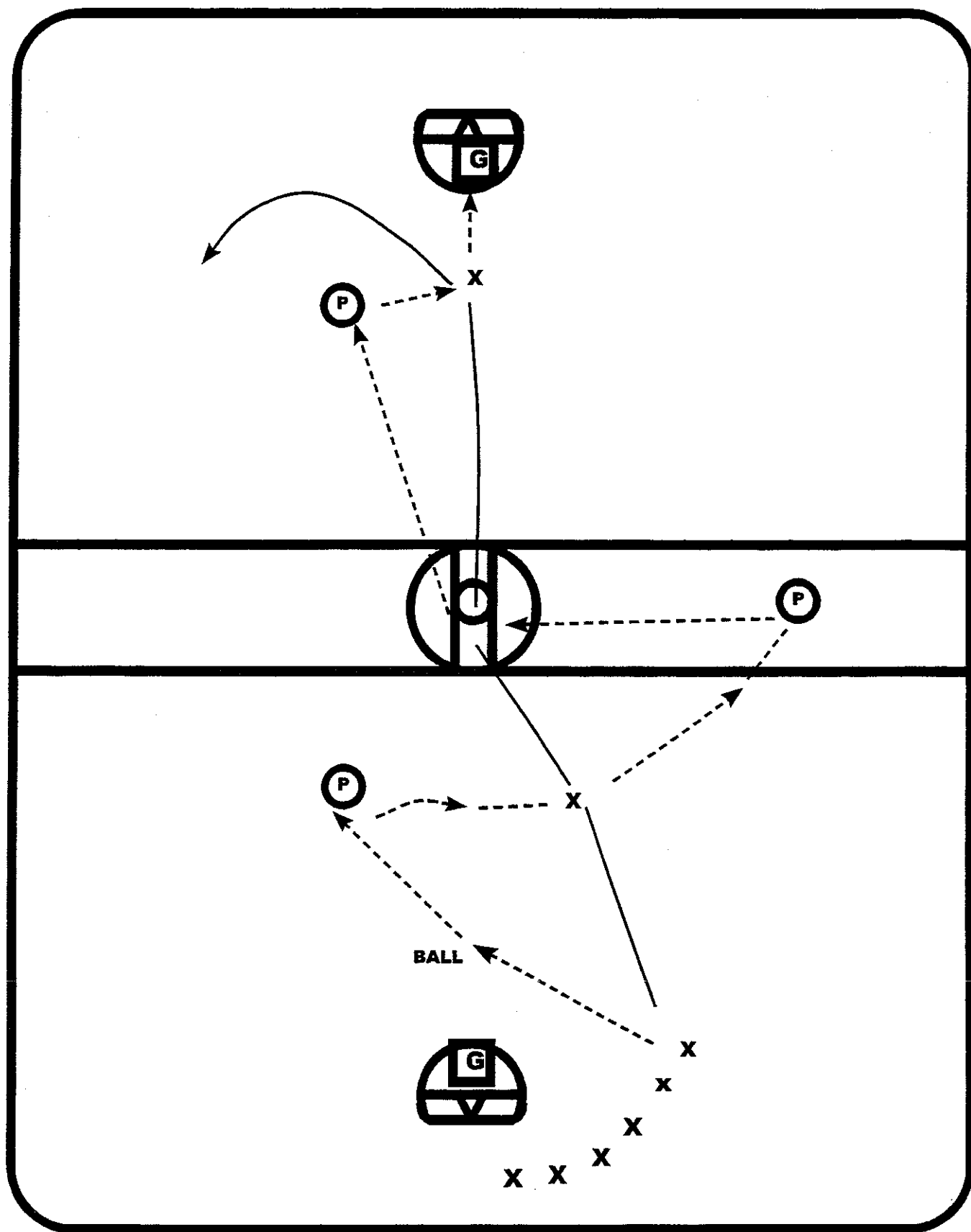
## METHOD OF RUNNING DRILL

- player X passes to X in opposite line, follows the pass and goes to end of opposite line
- player O passes to O in opposite line, follows the pass and goes to end of opposite line
- 1st time through, strong hand - quick stick
- 2nd time through, weak hand - quick stick
- 3rd time through, strong hand - bounce pass
- 4th time through, roll ball on floor
- 5th time through, back hand pass
- to add a degree of difficulty for the more advanced players:  
first player in each line passes to the second player in the opposite line, the first player in the opposite line breaks and takes an over the shoulder pass, this player then passes to the second player in the opposite line and the first player in this line breaks and takes an over the shoulder pass

## PURPOSE OF DRILL

- excellent drill to practice concentration
- allows players to start to focus on things going on around them  
While still maintaining control of the ball.

# PASSING/RUNNING DRILL



# **PASSING/RUNNING DRILL**

## **METHOD OF RUNNING DRILL**

- coach pre-sets stationary passes (P). Coach may use any number of passers from three (3) to five (5).
- players designated by an X start the drill by passing to P and jogging down the floor towards the net.

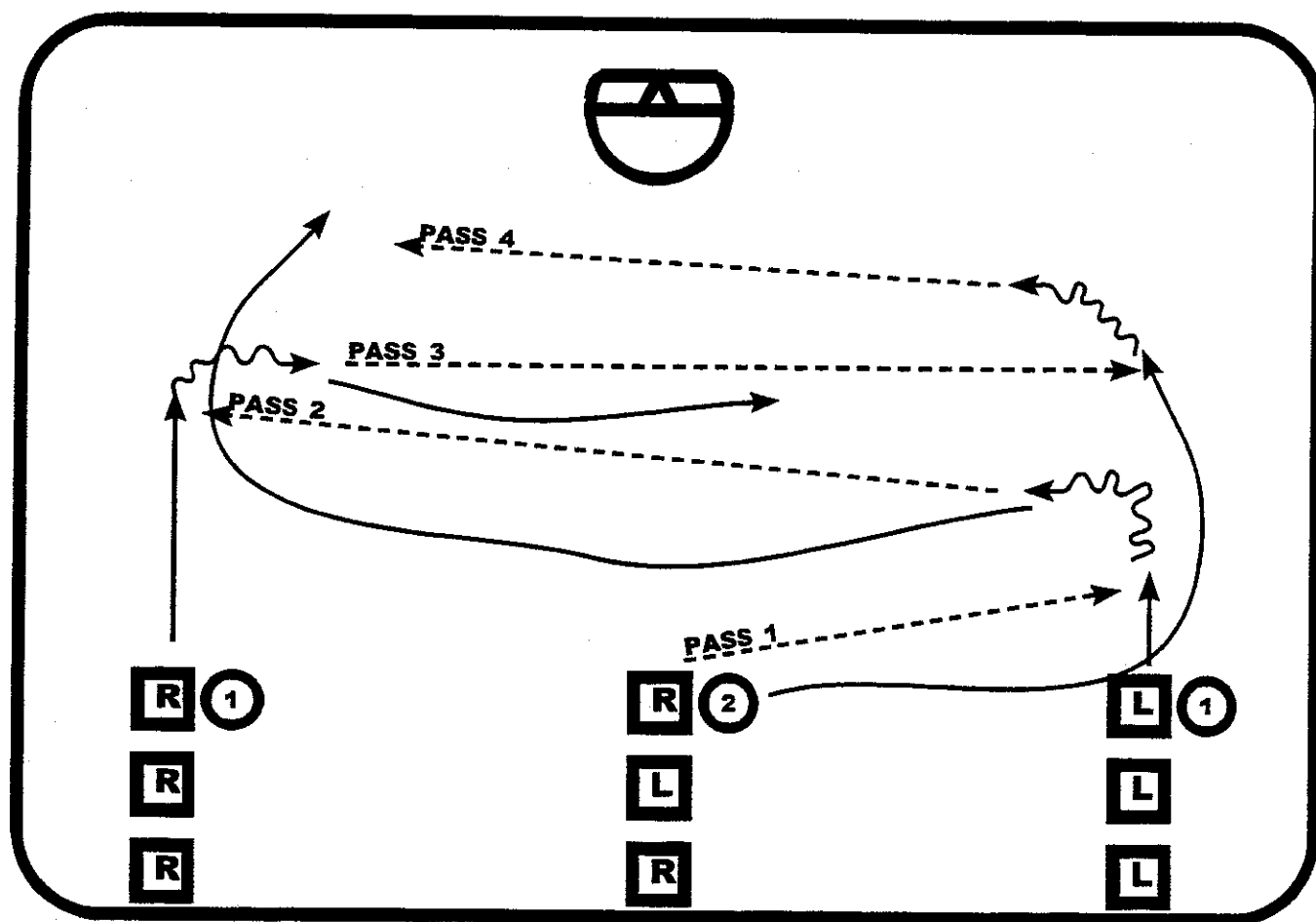
### **Note:**

1. players must pass after a maximum of three (3) steps while cradling the ball
  2. players designated X run the drill in succession while allowing a minimum amount of gap between starts
  3. coach to alternate the positions
- coach may utilize one on one defense in the offensive zone. This would be accomplished by having the player who just shot on goal, turn and check the next player in the drill. The player attempting to shoot would in turn check the next player and so on.

## **PURPOSE OF DRILL**

- provides a good physical work out and allows the coach to correct faults by watching each player
- also provides a shooting drill for goaltenders

# THREE MAN WEAVE



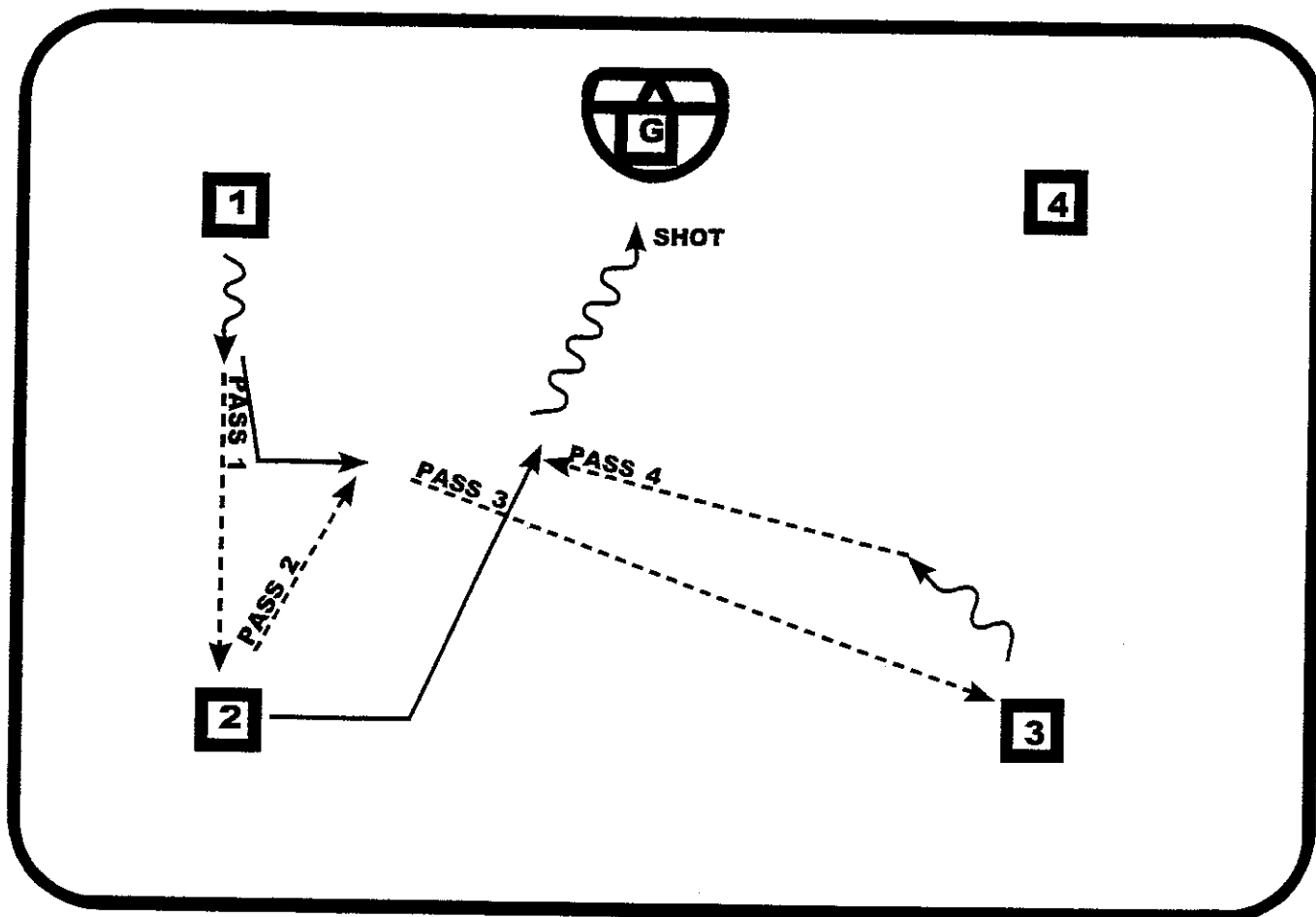
## METHOD OF RUNNING DRILL

- players line up as shown, always ensuring correct shots on outside lines. Centre line can be any shot
- player [R][2] passes to player [L][1]
- player [R][2] rolls over behind [L][1]
- player [L][1] cuts in passing lane and passes to player [R][1]
- player [L][1] rolls over behind player [R][1]
- player [R][1] cuts in passing lane and passes to player [R][2]
- player [R][1] rolls over behind player [R][2]
- player [R][2] passes to [L][1] etc., etc.
- start players at centre and attempt as many passes as possible with a short on net from in front or on correct side of floor

## USE AND PURPOSE OF DRILL

- good warm-up drill which combines passing, catching and Conditioning
- simulates game condition, movement and skills

# PASS AND CUT



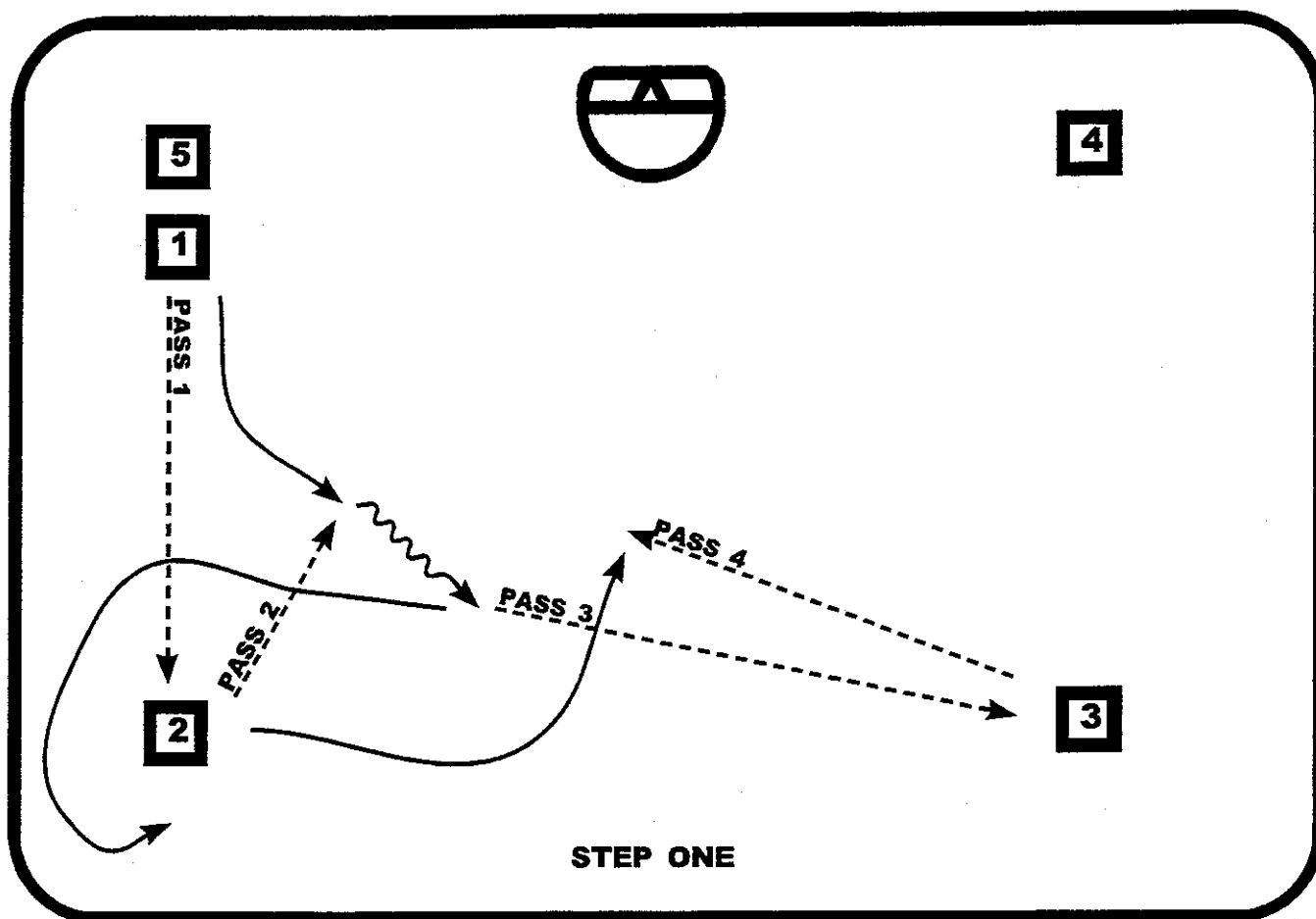
## METHOD OF RUNNING DRILL

- [1] passes to [2], breaks towards [2] then cuts to receive return pass from [2]
- after receiving pass [1] quickly passes to [3] and goes to player [2] position
- [2] slides across floor and breaks into passing lane to receive return pass from [3], shoots on net and goes to player [1] position
- [3] goes to [4] position and [4] rolls out to open floor and takes up old [3] position
- alternate drill starting in [1] and [4]

## USE AND PURPOSE OF DRILL

- teaches motion offense
- ball always ends up in prime scoring area
- players are working on cuts each step of the drill
- emphasizes fast accurate passes and subtle sharp cuts
- drill emphasizes game situations
- defense can be added

# THREE STEP PASS & CUT DRILL



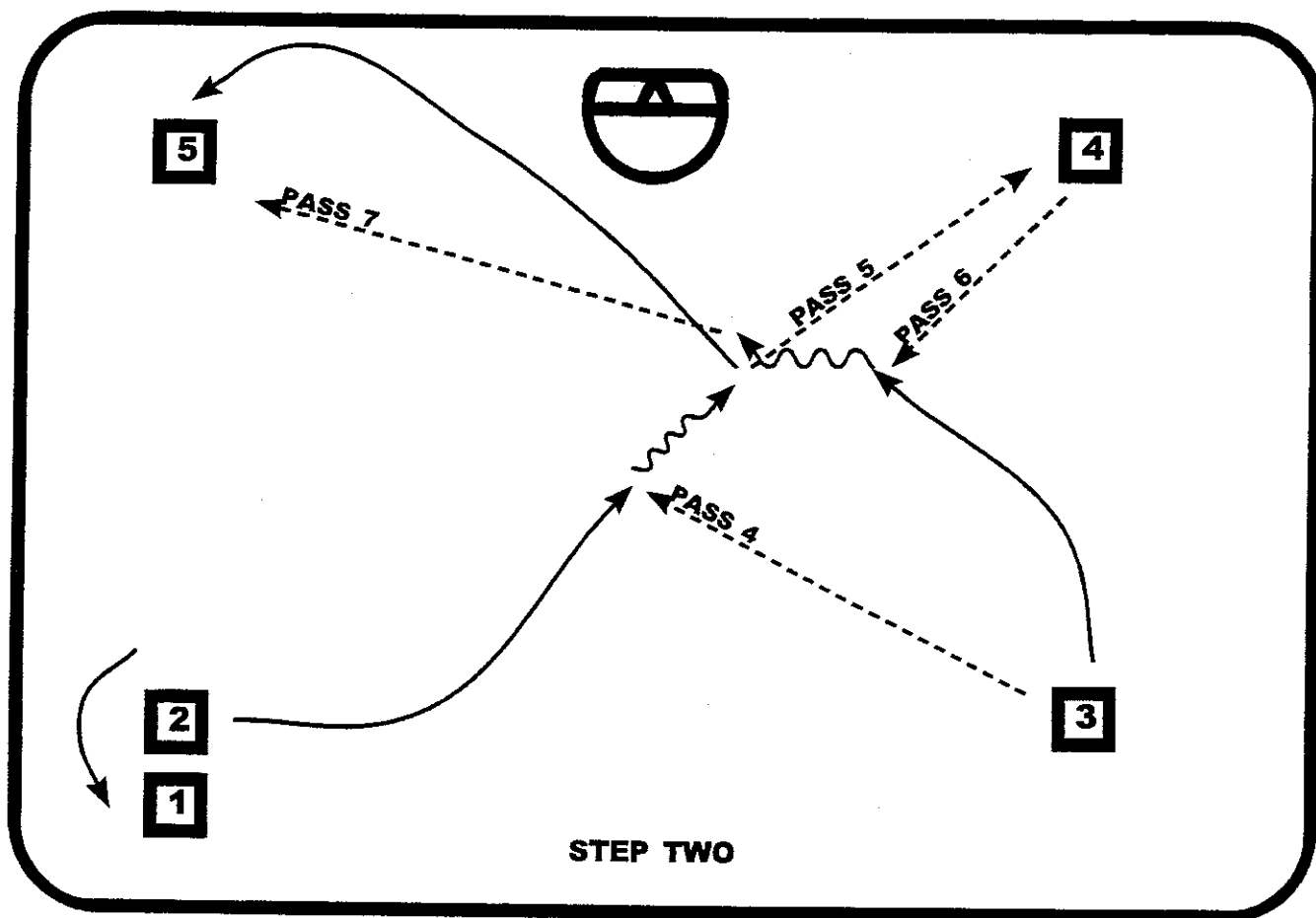
## METHOD OF RUNNING DRILL

- this drill could be utilized as a motion offence
- drill is for use by fixed 5 player lines or units with either 3 rights and 2 lefts or 3 lefts and 2 rights
- drill shown is for a 3 right, 2 left unit
- players line up with ball in player [1] position
- player [1] passes to player [2] then breaks for return pass
- player [1] receives return pass and "quick sticks" pass to player [3]
- when player [3] receives pass, player [2] breaks and cuts in passing lane and receives pass from player [3]
- player [1] takes up player [2] position at the top

## USE AND PURPOSE OF DRILL

- motion offence
- enforces "give and go"
- players without the ball have a purpose
- presents numerous scoring opportunities during part of the drill
- coach can start with 2 players and build to all 5 players
- puts players in a excellent "game situation" drill

# THREE STEP PASS & CUT DRILL



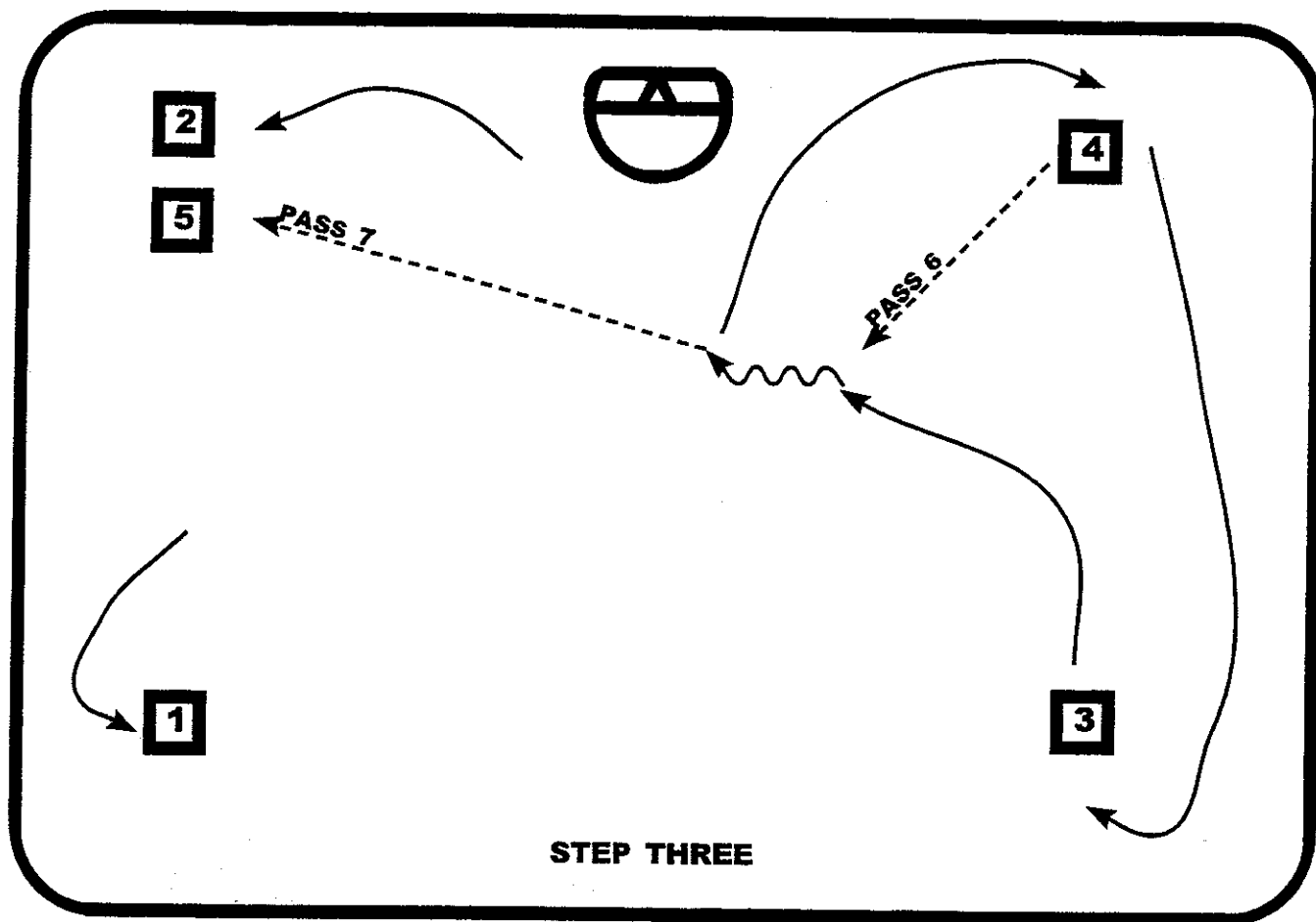
## METHOD OF RUNNING DRILL

- player [2] receives pass from player [3] and "quick sticks" the pass to player 4]
- player {2} immediately clears the passing lane and rolls into player [1] position
- as soon as player [4] receives the pass player [3] breaks and cuts into the passing lane and receives a pass from player [4]; and
- player [3] immediately "quick sticks" the pass to player [5]

## USE AND PURPOSE OF DRILL

- motion offence
- enforces "give and go"
- players without the ball have a purpose
- presents numerous scoring opportunities during part of the drill
- coach can start with 2 players and build to all 5 players
- puts players in an excellent "game situation" drill

# THREE STEP PASS & CUT DRILL



## METHOD OF RUNNING DRILL

- immediately on receiving pass from player [4] player [3] "quick sticks" the pass to player [5]
- player [4] after passing to player [3] clears the zone and takes up player [3]'s position
- player [3] after passing to player [5] rolls out and takes up player [4]'s position
- players are now back into original format and can start the "motion offense" again

## USE AND PURPOSE OF DRILL

- coaches can show players the following scoring opportunities
- player [2] receives pass, beats check, scores
- player [1] cuts receivers return pass, scores
- player [3] fakes pass to [2], beats check, scores
- player [2] cuts receivers return from [3], scores
- player [4] receives pass from [2], beats check, scores
- player [3] receives pass from [4], scores, etc. etc.