

Power Play Passing

Drill Specifications

Drill Theme: Passing
Floor Position: Full Floor

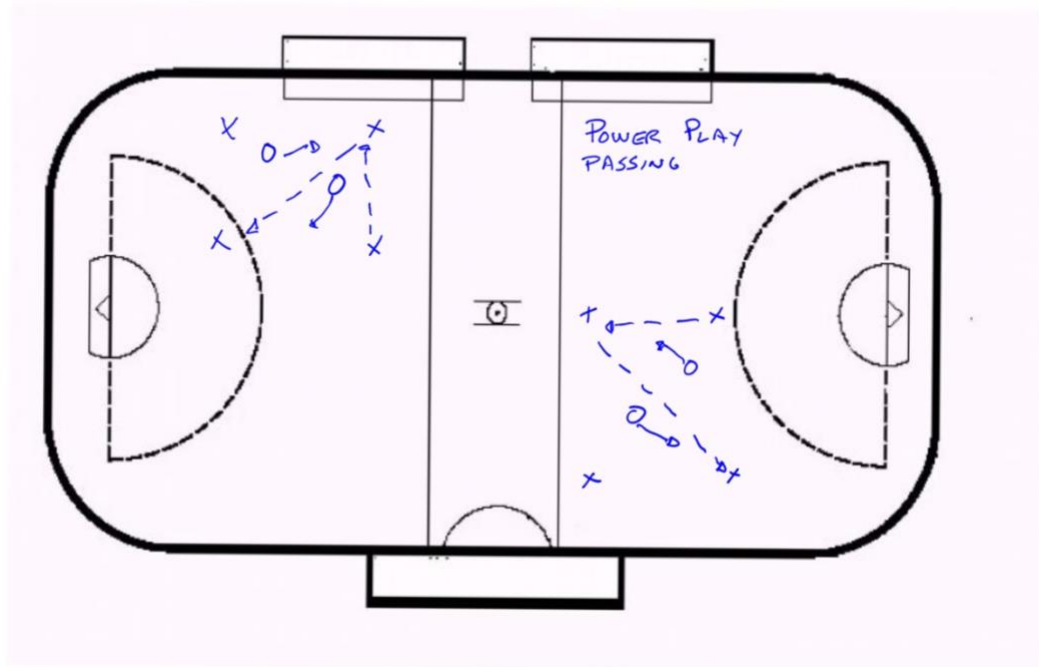
Drill Style: Skills
Time Needed: 10

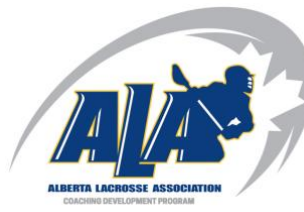
Objective

This drill is excellent for developing man up passing skills and proper defensive fundamentals.

Drill Description

Move the ball with the two defenders trying to knock passes down. Look to skip ball through.





Skills Practiced

- Passing

Variation

N/A

