

Star Pass

Drill Specifications

Drill Theme: Passing
Floor Position: Central

Drill Style: Skills
Time Needed: 10

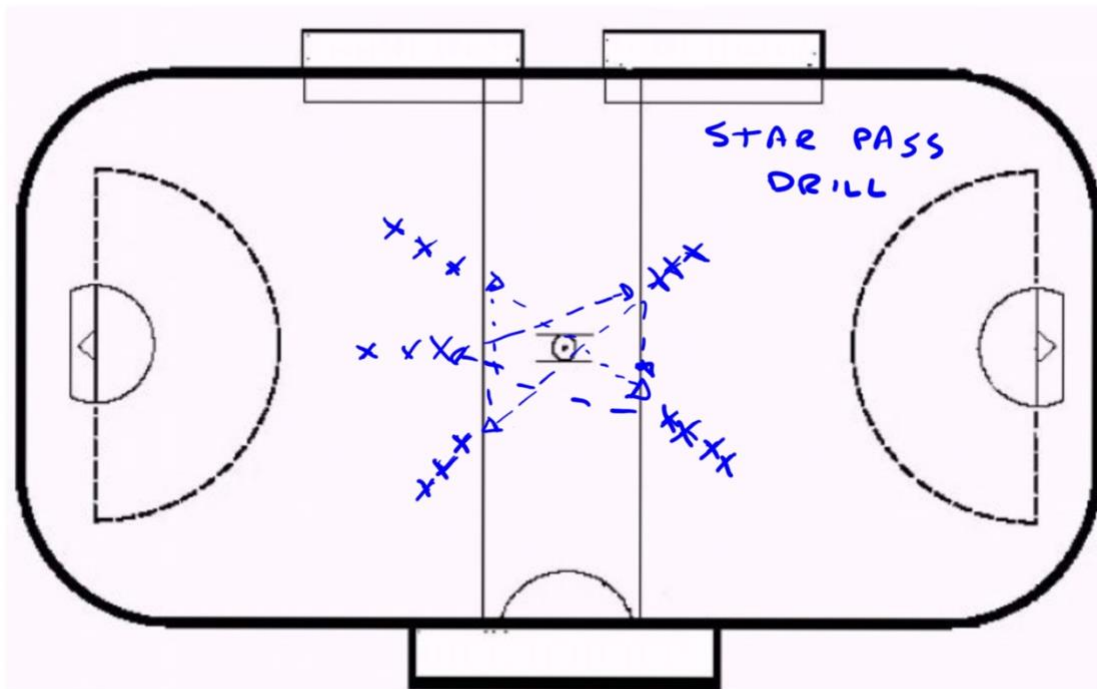
Objective

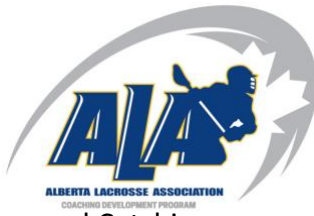
This drill is excellent for reinforcing passing through traffic.

Drill Description

Set up five lines in a star position. The balls are all in one line. X1 will pass to X2, X2 will pass to X3, X3 will pass to X4, X4 will pass to X5, and X5 will complete the pattern by completing a pass to X6.

Players will follow their pass and fill the line that they passed to.





Skills Practiced

- Passing and Catching

Variation

Add more balls going at once for increased difficulty.

