



WOMEN'S PARTNER PASS DRILL

DRILL SPECS:

Drill Theme: Ball Movement

Field Location: Midfield

Time Needed: 10 Min

Drill Style: Warm Up, Skills

Field Position: Offense, Defense

Skill Level: Basic

OBJECTIVE:

The Partner Pass Drill is the most basic drill that allows for many touches for each player as they pass the ball and work skills through working with 1 partner. The basis of the passing drill is to keep the ball in the air and work on your form passing.

DRILL DESCRIPTION:

The drill is set up with two cones at least 10 yards apart. Each cone should have 1 player at it, facing the other player. One ball is used per group and the players will pass the ball back and forth to each other on the coach's whistle. The coach can vary the drill by having players only use right hands, only use left hands, switch hands every catch, throw one handed, quick stick, ect.

SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
- Maintaining Possession

VARIATIONS:

To vary these drills add in ground balls, quick sticks, or behind the back passes to vary the drills.

DRILL DIAGRAM:

