



## WOMEN'S QUICK PASSING AND CONDITIONING DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Conditioning, Throws

**Field Location:** Attack Zone

**Time Needed:** 5 Min

**Drill Style:** Conditioning

**Field Position:** Offense, Midfield, Defense

**Skill Level:** Basic

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### OBJECTIVE:

To work on passing and catching accuracy as players fatigue.

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### DRILL DESCRIPTION:

Players A and B are passing posts, each with a ball. C player in the middle runs to A-touches her, cuts back to B and receives the ball-then gives a quick pass back to B. C then runs to B, cuts back to A and receives a quick pass and gives pass back to A. Continue for 30-second intervals.

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### SKILLS PRACTICED:

- Conditioning
- Passing Accuracy
- Catching short, crisp passes

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### VARIATIONS:

Add defense on the player in the middle for pressurized catching. Also, have players switch hands-catching and throwing with outside hand.



**DRILL DIAGRAM:**

