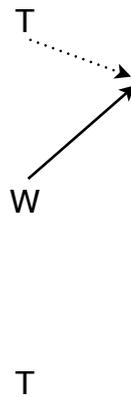


Passing Threes

1. Outside Pivot (10 minutes).

Worker breaks to right 45° to take pass from thrower, landing on right foot and pivoting to right. They pass to the other thrower and then again break to the right, land on the right and pivot to the right. Rotate regularly, then repeat again breaking to the left.

Focus: Pass placement is important. Thrower must pass in front to where they are running, so that outside pivot is possible.



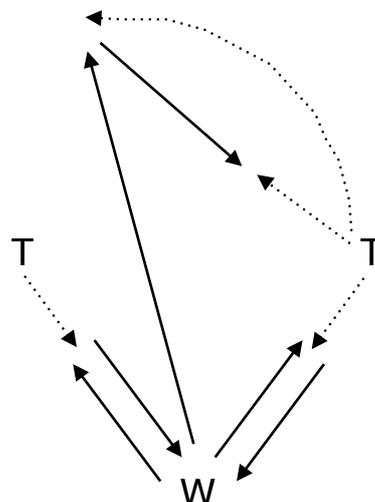
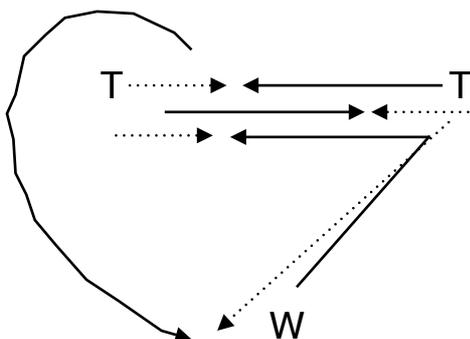
2. Long Passes. (10 minutes)

1 Thrower on each sideline, 1 worker in middle of court. Worker drives towards thrower A and receives a pass, pivots and passes to thrower B. They then drive towards them to receive a pass, pivots and then throws back to player A. etc

Focus: Drive hard to the ball without slowing down. Looking for a strong, straight shoulder pass and landing on the correct foot for pivot. Throwers need to focus on placing the pass at chest height for the worker. May have to start at shorter distance if need be.

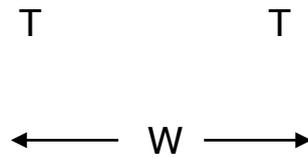
3. Grid Challenges. (10 minutes)

One worker, 2 Throwers, both with balls.

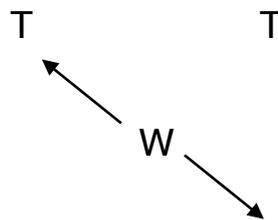


4. **Ball Skills.** (10 minutes)

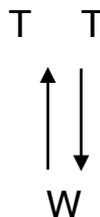
- a) Side to side. Turn shoulders so they point in the direction of running movement. Land on outside foot. Pivot to open up to thrower before doing a good pass back.



- b) Run forward to pick up a low ball, return ball. Turn to run at an angle away from the thrower keeping head turned to watch the ball. Jump off two feet for a high ball - ensure player goes straight up in air so don't contact. Repeat in opposite direction.



- c) Forward to pick up a low ball, step back and jump off two feet for high ball. Straight in air so don't contact.



- d) Drive towards RH shoulder of thrower to receive a pass. Land on outside foot, pivot and pass to other thrower. Repeat driving to their LH shoulder.



- e) Start drill as above driving to the RH shoulder. When they get to the shoulder, they stop and push off with their left foot so they continue to face the thrower to receive a lob. Land on outside foot and shoulder pass to other thrower and repeat. Repeat driving to the LH shoulder.



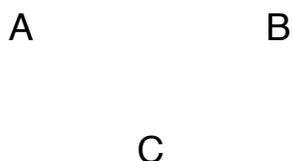
5. Triangles (5 minutes)

Two balls between 3 players. Players A, B and C stand in a triangle sufficiently apart to allow chest passes. Players B and C both have a ball. Player B throws to A who passes it straight back again. Player C then passes to A who throws it back. Repeat, moving as fast as possible without dropping the ball.

Focus: Quick, accurate passing and lots of concentration are needed.

6. Double Touch Jump. (10 minutes)

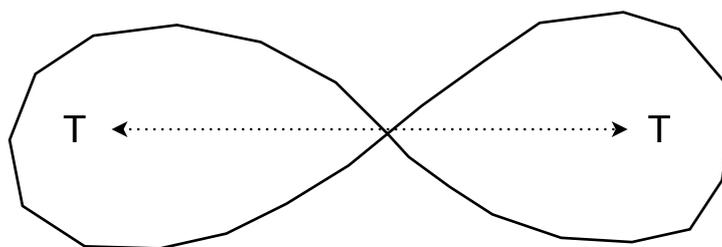
A, B and C form a triangle about 2 steps apart. A holds ball with 2 hands overhead, B holds the other ball with two hands in front, just below waist level.



C steps forward with left foot and touches A's ball, slip-steps back quickly to change feet and steps with right foot to touch B's ball. C quickly slides the front foot back and elevates powerfully off both feet to receive a short lob from A, who releases the ball at the same time as C touches B's ball. C rakes the ball in with one hand and returns it to A. Sequence repeats immediately in reverse as C starts the routine at B's ball.

7. Figure 8. (10 minutes)

Two players stand facing each other about 3m apart. These players throw the ball back and forth between each other. The worker has to run around these players in a figure 8 pattern trying to anticipate when the ball will be thrown and explode onto the ball to intercept it.



Focus: Don't just keep running at the same pace. The throwers should vary their passes; ie straight, high or bounce, and the worker should adjust the speed of their running to time their intercept. If need be, they can wait behind a thrower. Do 6-8 figure 8s and swap over.

8. Touch and Up (5 minutes)

2 Throwers with a ball each and one worker. Worker goes forward and touches ball at Thrower 1, then runs back quickly and jumps off two feet to catch a lob from Thrower 2. They must move their feet quickly to get under the ball when jumping to avoid contact. Do 6-8 on each side before swapping. It simulates the idea of going for an intercept, the quickly having to recover to react to a pass coming in.

9. Reactions (5 minutes)

Work in a grid approximately 2m. Two throwers with a ball each, 1 worker in centre of grid. Thrower 1 releases ball anywhere in grid. Worker must react quickly, gather it in and give the ball back. Other thrower then does same. Keep repeating, moving faster and faster.

Focus: *Be on the balls of your feet ready to move. Have head up watching at all times.*

10. Pass and Move. (10 minutes)

Work in a grid 5m x 10m (half a third). One person in each group rests at a time. The two working pass the ball to each other whilst on the move, using all the space in their grid. Players should only ever be 3-5m away from each other. Rotate the resting player every 10 passes. Concentrate on something different every 10 passes;

- Get used to the drill
- Be in the air to catch the ball. Land one foot after the other.
- Pivot so you are facing where you are throwing.
- Pass the ball ahead of the receiver.
- Run fast, pass hard.
- All of the above.

Can progress this drill from putting the third person in as a defender. They must try to stay between the attackers. Attackers can only use straight passes and straight leads.

11. Quick Passes (5 minutes)

1 worker, 2 throwers with a ball each. Players stand in a triangle. The worker alternatively receives passes from each thrower and returns the ball to the thrower who passed them the ball. Throwers gradually pass the ball faster and faster so the worker continually has a high work rate.

Focus: *All players need to try to catch the ball out in front of their body and flick the ball quickly, with control. Always have one foot forward when passing.*

12. Keepings Off (5 minutes)

2 Attackers, 1 defender, 1 ball. Players use a grid the size of half of 1 third. Defender starts between the two attackers. The attacker without the ball leads to a space and receives a pass, then it's the other attacker's turn to break. The defender tries to stay between the 2 attackers. Attackers cannot pass over the top of the defender, and no bounce passes are allowed. This forces attackers to do 'double leads'.

Focus: *Encourage players to use the whole space available to them. Attackers can only use a straight lead or double lead.*