

Other Drills

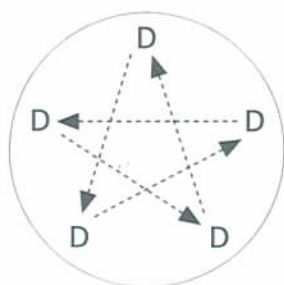
Each of these drills can be made easier or more challenging using the CHANGE IT principle.

—————▶ Run ▶ Pass

STAR PASSING

Can be used to practise the following skills: chest, shoulder or bounce pass, catch, take-off.

- Five players stand in a circle
- Ball passed to second player on right, receiver also passes to second player on the right
- Sequence continues making a star



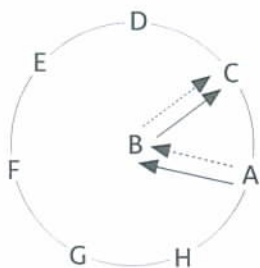
Variations

- Vary type of pass or distance of pass
- Reverse direction
- Add 6th player; this player begins behind first thrower
 - After passing to second player on right, thrower follows pass and leads directly across circle to stand behind the receiver
 - Rotation of positions continues with each player passing to second player on right then following pass across circle to stand in a new position
 - Each player always passes to same player; however, their positions in circle change

CUT THE CAKE

Can be used to practise the following skills: chest, shoulder or bounce pass, catch, hands over ball.

- Players form a circle with one player standing in centre of circle (B)
- Player on outside of circle (A) starts with ball
- A passes to B, A then runs in to take B's place; meanwhile B passes to next person in circle (C) and goes to take their place, C then passes to A (who is now in centre of circle)
- Sequence continues with each person receiving pass and moving into centre of circle.



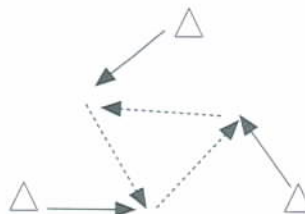
Variations

- Type of pass
- Person leaving circle defends pass of person they passed to on the outside of the circle
- Work two balls at once, start one on each side of the circle

TRIANGLE DRILL

Can be used to practise the following skills: chest, shoulder, lob or bounce pass, catch, straight lead, footwork.

- Players stand in equal lines behind each cone
- Players lead from their cone in turn and ball travels around the triangle
- Players then join the next line



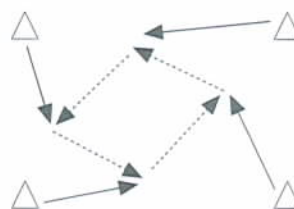
Variations

- Vary type of pass or distance of pass
- Pass changes for each line, e.g. bounce, chest, and shoulder
- Reverse direction

SQUARE DRILL

Can be used to practise the following skills: chest, shoulder, lob or bounce pass, catch, straight lead, footwork.

- Players stand in equal lines behind each cone
- Players lead from their cone in turn and ball travels around the square
- Players then join the next line



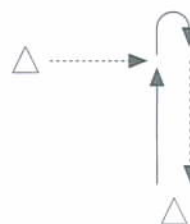
Variations

- Vary type of pass or distance of pass
- Pass changes for each line, e.g. bounce, chest, and shoulder

Ls

Can be used to practise the following skills: chest, shoulder or bounce pass, catch, straight lead, pivot.

- Players stand in two equal lines
- First person leads from their cone to receive a ball from other line
- Complete an outside pivot and pass back to own line and rejoin own line
- Drill continues with the opposite line leading out



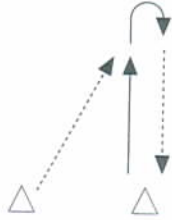
Variations

- Vary type of pass or distance of pass
- Change direction so players land on opposite foot

TRAMLINES

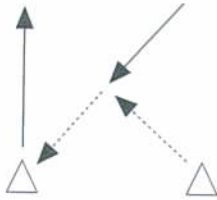
Can be used to practise the following skills: chest, shoulder or bounce pass, catch, straight lead, pivot, intercept.

- Players stand in two equal lines
- First person leads from their cone to receive ball from other line
- Complete an outside pivot and pass back to own line and rejoin own line
- Drill continues with the opposite line leading out



Variations

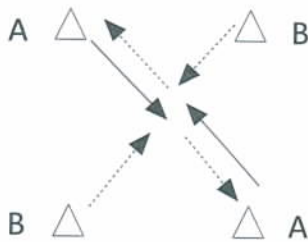
- Vary type of pass or distance of pass
- Change direction so players land on opposite foot
- Add an intercept. After point where player would have pivoted, player turns in front of their line and angles their run towards other line to intercept ball; they then pass back to opposite line (if miss intercept, person on lead catches ball and passes back to own line)



FOUR CORNERS

Can be used to practise the following skills: chest, shoulder, lob or bounce pass, catch, straight lead.

- Players stand in four equal lines, minimum two players per line
- Ball starts with players in opposite lines B
- First players from lines A lead towards middle to receive passes from throwers on their right
- After receiving passes players pass to next waiting player in line A
- Player then follows path of ball and goes to end of line
- Same sequence is repeated with players from line B leading to receive pass from throwers in line A



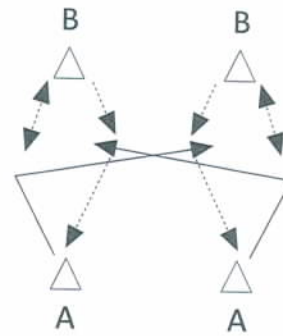
Variations

- Vary type of pass or distance of pass

TWO BALL CROSSOVER DRILL

Can be used to practise the following skills: chest, shoulder, lob or bounce pass, catch, straight lead, pivot.

- Players stand in four equal lines, minimum two players per line
- Ball starts with players in lines B
- First player from each line A lead to receive pass from throwers
- After receiving pass players throw ball back to thrower
- Both workers cross sides to receive pass from opposite thrower
- After receiving pass two players pivot and pass back to own line
- Same sequence is repeated with players from line B leading to receive pass from throwers in line A



Variations

- Vary type of pass or sequence of passes, e.g. lead forward, then drop back to receive a lob, followed by shoulder pass then bounce pass
- Vary distance of pass
- Have stationary throwers. Same sequence repeated with stationary throwers. All other players form two lines on opposite side of square. After players receive ball at front of line they pass to throwers and start sequence.