

# Passing Pairs

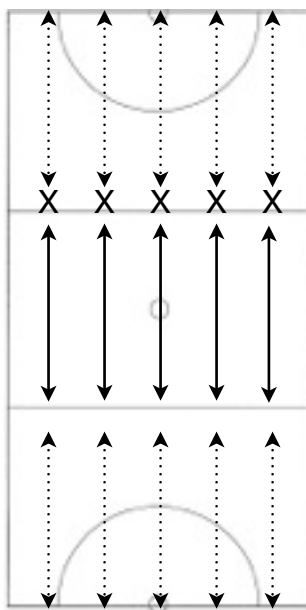
## 1. Power Passing (5 minutes).

Work in pairs, standing opposite each other on transverse lines, one third apart. Thrower tosses ball to self, lands in 2 foot power position, then steps forward and does power pass to partner who is doing a straight drive towards them. Repeat 6 passes each.

**Focus:** Ensure solid, stable power position land. Use the extra momentum as you step forward to ensure the pass is a firm, straight, hard pass. Ball placement is everything. Attacking player must not stop until the ball is in their hands - drive hard to the ball and land in balanced position so you can give a solid pass back.

## 2. Pairs Passing. (5 minutes)

10 shoulder passes, put ball down, turn and sprint to end of court and back again. Repeat x 5.



**Focus:** Concentrate on keeping good technique even when tired.

## 3. Distance Challenge. (5 minutes)

Work in pairs. Pass 10 passes without dropping the ball, move back a step. If you drop the ball, move in one step and start count again.

## 4. Time Challenge. (5 minutes)

Work in pairs. Within 30 seconds, pass as many shoulder passes as possible. If drop, start count from zero again. Compete against rest of team or try to score a personal best.

**5. Fast Feet Lunging** (5 minutes)

Work in pairs. Stand about 5m apart. Thrower A passes to B who takes ball on a left lunge. Return ball to A and take pass on straight lunge, return and take ball on right lunge. Return, run forward around A and back to take a lob. Swap over. Repeat 5 times each.

**Focus:** Fast feet on spot by worker. Aim to take ball on full stretch. Outstretched arms and fingers, eyes on ball. Take a clean catch each time.

**6. Peripheral Vision.** (5 minutes)

Work in pairs. Both stand on line. A thrower, B receiver. A faces B, B faces forward on line. A passes an easy pass just in front of line to B. B uses peripheral vision to site ball and take catch. Repeat 5 times from each side then swap over. Repeat again, this time starting with fast feet and attacking the ball as you see it coming.

**Focus:** Track ball with eyes as soon as it is released. Attack ball on second time around. Keep fingers wide and outstretched to improve catching.

**7. Pairs Ball Challenges.** (10 minutes)

One hand control in pairs (soft)

One hand control in pairs (hard)

Side to side (outside foot landing)

Side to side (outside pivot)

Passing on the move

Balance jumps (taking high pass and landing in front of line)

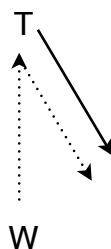
Left and Right Calling

Reaching over line and snatching in (right and left sides hook ins)

Surprises

**8. Drive and Drop** (5 minutes)

T has ball. Worker drives in to T and touches ball, then drives back at angle to take ball on right side. Repeat again, this time driving back to left. Continue for a set time or number of passes then swap over roles.



**9. Cross** (5 minutes)

One thrower, one worker. Worker drives out to R for a pass, returns the ball. Drives back to the left, at middle of cross they do a double dodge then drive out to left for pass. Return the ball. Drive in and touch the ball, then drive back to take lob. Start again. Repeat 5 times then swap over.

**10. Reaction Work.** (5 minutes)

Work in pairs. Thrower holds the ball at head height and drops the ball. Worker must catch the ball before it hits the ground.

- W starts with hands on thighs
- W starts with hands on side of head
- W starts with hands behind back
- W starts with hands in front, must go behind and clap before catching the ball. (You may allow the ball to bounce once for this one).

**11. Get Up Off the Floor.** (5 minutes)

In pairs. Thrower has the ball, Worker sits on the floor about 3m away. Thrower tosses the ball in the air, Worker must get up off the floor and catch the ball before it lands on the ground. Pass the ball back to thrower and repeat.

Progressions: Worker has to get up without using their hands; W starts lying on stomach.

**12. Working Across an Area.** (10 minutes)

Both players working. W1 starts going forwards, W2 works backwards. They move from one transverse to the next transverse.

- Both Ws just move while passing the ball
- W1 passes from right hand to W2's right hand (1 handed)
- W1 passes from left hand to W2's left hand (1 handed)
- W1 passes to W2 who places the ball on the floor and moves backwards. W1 picks it up, passes to W2 who again puts it on the floor etc.

**13. Boundary Pass.** (5 minutes)

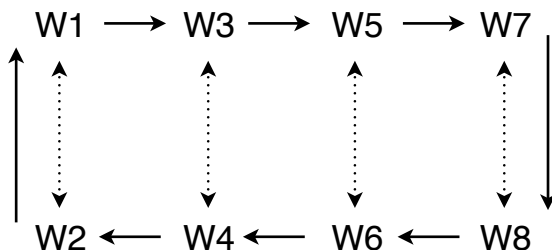
Players run around the outside of the court passing or bouncing to each other. On the whistle they change direction.

**14. Forwards and Backwards.** (5 minutes)

Pairs stand facing each other at one end of the court. One run backwards and the other runs forwards whilst chest passing. Aim to maintain the same 2-3m distance along the length of the court. Reverse roles on the way back down the court.

**15. Ball Formation Shuffle.** (5 minutes)

Set up in pairs in two straight lines using dots as markers. Each pair has a ball. Pairs pass the ball 8 times, then put their ball down, everyone shuffles one place to the left and you start again. You can have two groups competing against each other to see who gets back to the start first.

**16. Hear and Catch.** (5 minutes)

Partner stands with back towards thrower. Thrower drops the ball. When the worker hears the ball bounce they turn and catch it before it bounces a second time.

**17. Over and Under, Twist and Turn.** (5 minutes)

Players stand back to back. Ball is passed to partner backwards over their heads, then returned forwards through the legs, thus is traveling in a circle. Reverse direction.

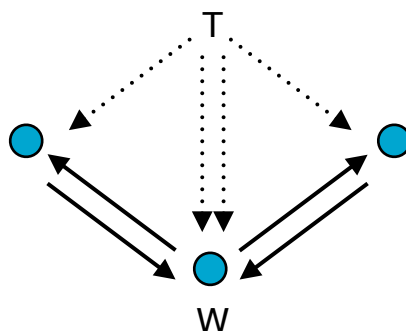
Twisting - players pass ball from one side of body and receive it on the other side of body. Reverse direction.

**18. Shrink and Grow.** (5 minutes)

Begin 3m away from partner. Each pair throws shoulder passes. If they drop the ball, both players kneel on one knee. If they drop it again they drop to both knees. Drop again they sit, drop again they lie down. For every 10 successful passes they grow one step again, or take a step backwards if still standing.

**19. Outside Pivot.** (10 minutes)

Worker drives to right diagonal take a pass, lands on outside foot, pivots to the outside, returns ball. They then drive back to starting point and receive a second pass on their left foot. They then return the ball and work same drill to other side. Repeat 3 times to each side.



**20. Clock face** (5 minutes)

One thrower, one worker. Thrower calls out a time on a clock face and passes the ball in that direction. Worker must react quickly to snatch the ball in.

**21. Passing Clock 1** (5 minutes)

Pairs stand 2m apart facing each other. Worker runs fast feet on spot. Thrower passes ball

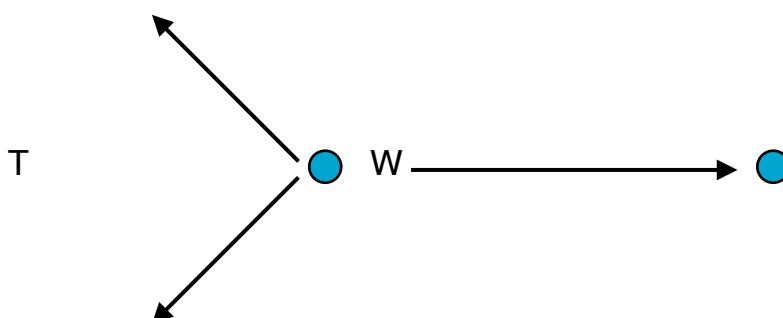
- low left for worker to catch and return
- low right for worker to return
- high left for worker to return
- high right for worker to return
- over the head of worker. They must turn and get the ball before it hits the ground. They pivot and pass a chest player back to thrower to finish.

**Focus:** Passes should come rapid fire. The final pass must be sensible and give the player some chance of success.

**22. Passing Clock 2** (5 minutes)

Pairs stand 2m apart facing each other. A dot marks the starting position with another dot placed 5m behind. Thrower passes the ball to the left of the worker. She drives onto the ball to make the catch then returns it to the thrower. They then backtrack to the starting position. Repeat out to right hand side and return to starting position. Thrower then passes two high passes in a row that require the worker to jump high and snatch them in. The worker then turns and runs to the back dot to receive an overhead pass into the space. She pivots and returns ball back to thrower to start drill again.

**Focus:** Passes should come rapid fire. The final pass must be sensible and give the player some chance of success.

**23. Left, Right, Up or Down.** (5 minutes)

Pairs stand 5m apart, worker's back is to thrower. Thrower passes an easy ball and at the same time calls out either left, right, up or down. The worker must turn and try to catch the ball before it hits the ground. Swap roles after 10 attempts. On second rep, worker starts by doing pitter patter on the spot and tries to do the drill faster than the first attempt.

**24. Reflex Balls.** (5 minutes)

Pairs stand facing each other two steps apart. Thrower stands with ball at waist height and an underarm grip. The worker keeps eyes focussed on the ball, knees slightly bent and hands on sides of legs. Thrower flicks the ball softly but quickly in a random direction for the worker to snap hands forward and take possession, snatching the ball away in a smart take. They return the ball quickly to the thrower and reset. Rotate roles after 15 attempts.

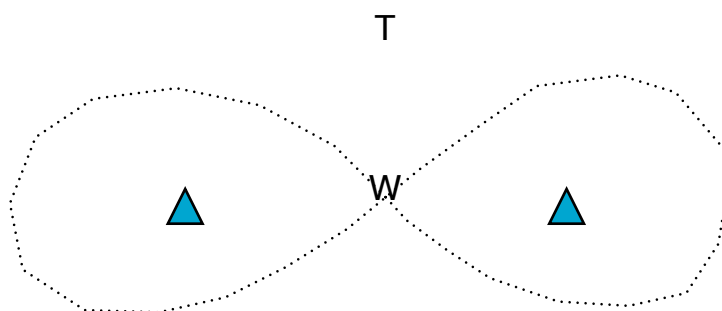
Next rep, worker adds fast feet to mix. The pairs move slowly down court whilst doing the drill, maintaining the same distance between them and ensuring they comply with the footwork rule when in possession of the ball.

**25. Cross Body Work.** (10 minutes)

Thrower stands 3m away from worker. They pass an easy ball at head height to the worker's left side. The worker comes across their body with their right hand and returns the ball with a tap to the thrower's chest. The next pass goes out to their right side and they cross over with their left arm and tap it back. Continue for 30 seconds then swap over.

**26. Figure 8 drill.** (5 minutes)

Set up 2 cones about 2m apart. Thrower stands out in front. worker moves figure 8 around cones, always keeping eyes and body forward to have eyes on ball. They will use a variety of footwork patters to do this fast - sidestep, sprints etc. At any time the thrower can throw the ball in and worker must drive to the ball to take catch. She then returns the ball and continues the circuit. Work for a set period of time.

**27. Straight Cross (One handed ball control).** (5 minutes)

In pairs, about 1m apart facing each other. One ball. Using one hand only, players pass the ball across to each other. One player passes straight to the other - they pass on diagonal back. Do 20 passes, then swap over roles from straight to diagonal and vice versa. Increase distance to shoulder pass if capable. Can also add an extra ball for greater challenge.

**28. Drive and Catch.** (5 minutes)

Stand one third apart. Pitter patter x 10 on spot, then drive forward to receive ball from thrower. Repeat x 5 then change roles. Complete three times. Do not slow down until ball is in your hands.

**29. Touch and Drive.** (5 minutes)

In pairs, thrower standing on transverse, worker standing halfway to goal line. Worker jogs back to goal line. When they hit it they turn and sprint hard to take a shoulder pass. return ball. Repeat 6 times and then swap over.

Can extend the drill by having the thrower use different passes (chest, high, bounce) or by doing bad passes within their reach.

**Focus:** Use the outside foot to push off and change direction. Catch each pass cleanly without a second grab, and snatch the ball into the chest. Steady and return each pass accurately. Accelerate towards the ball on receipt. Jump forward to snatch.

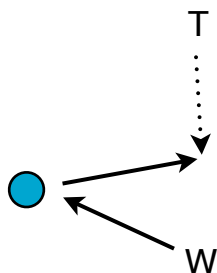
**30. Up and Down Court.** (5 minutes)

In pairs, players pass the ball across to each other as they move up and down the court. They should stay 4-5m apart.

- Chest passes
- 1 hand control (outside hand)
- double lead for ball

**31. Touch and Reach.** (5 minutes)

Thrower stands out front with ball. Worker sprints to dot, changes direction and sprints no more than 4 steps to take a pass at full stretch. Repeat 5 times then swap. Repeat going out to the other side.

**32. Hook Ins.** (5 minutes)

Stand 1m apart. The thrower passes the ball within reach of the worker's outstretched arms. The worker must react to pull the ball in with one hand only, jamming/ snapping/ hooking it into the other hand.

**33. Balance Jumps.** (5 minutes)

One player is thrower and the other is worker. Worker stands in front of line (heels almost touching), and the thrower passes a high ball. The worker is to jump and take the ball in two hands and to stay in front of the line. Repeat 6 times and change.

**34. Toe Tiggy. (5 minutes)**

With a partner, find a space and hold hands. On “go” each player tries to touch the other person’s feet with her feet. Count how many times you are successful. Continue for 30 seconds.

**35. Speed of Ball. (5 minutes)**

With a partner, players stand 1m apart and have their preferred throwing hands level. They catch with 2 hands and pass with 1. Players move the ball out of their hands as quickly as possible after they catch. Speed and accuracy are the key points here.

Can extend by using non-preferred hand or by increasing the distance between players. Can race against time or race against each other. Good drill for working with intensity.

**Focus:** *Hands need to be out in front of body to catch. Once the ball is caught, they need to use one hand to push the ball back, with control and accuracy to their partner’s throwing hand. Virtually no backswing is needed at this close distance, all their power and control comes from the wrist and fingers.*

**36. 5 Passes and Run. (5 minutes)**

Players pass to each other 5 times. The player without the ball then turns and runs to touch a line about 5m away. They then run back to their original position and receive a pass. 5 more passes - and this time the other person should be without the ball and run. Continue at high intensity for about 1 minute.

**Focus:** *When players return from their run they must set up immediately in the correct throwing position - opposite foot forward, pass with 1 hand.*

**37. Passing on the move. (10 minutes)**

Limit a grid for each pair to pass in, approximately half of 1 third. Players move to receive the ball consecutively. Do a series of 10 passes using straight, high, bounce, long and double leads. Rest for 30 secs then repeat again. OPlayers should stay 3-5m apart throughout. Work at high intensity with good quality for a short period of time.

**Focus:** *Expect high quality and high intensity. Speed off the mark when leading is important. Hard, accurate passes are imperative. Passing out in front is a necessity.*