

Line Passing Drill

Set up the drill as shown. Players are lined up in queues behind each line and at both ends. The first line begins with 'A' having the ball and moving forward and passing to 'B' and then on to 'C' etc. The ball is to reach the end of their line before the whole line reaches the next line of players in front of them.

Last player to receive 'E' passes ball on to the player in front of them 'Z' who begins the next line to move forward and pass. Continue repeating the drill and reinforcing hands up to catch, correct grip/carry of the ball and using only enough force to make for an easier catch. (note - no forward passes and no spinning/spiralling of the ball).

Equipment	
	4
	1

