

Partner Passing Videos

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Partner Passing Drop Step

As partners pair up to pass and catch, there are a series of drills that can be used to add “flavor” to these drills while working on footwork. The first is the Drop Step. When the player catches the ball, have them take 3-4 steps back in order to create space between her and her defender. This is particularly effective when they are looking to feed.



Partner Passing Drop Step w/ Half Turn

The next progression is to add a half turn after drop stepping. The right handed players drop with their right foot, turn their shoulders to protect the stick and then return the ball to their partner. After a few passes, make sure you also practice with the left hand, dropping the left foot and turning $\frac{1}{2}$ way.



Partner Passing Drop Step w/ Full Turn

The next progression is to add a FULL turn after drop stepping. Players want to exaggerate the turn... really open the hips and be able to look at their partner. This helps to get the players to move their feet and get used to having the ball in their stick as they move around



Partner Passing Drop Step w/ Turnaround

The next progression is adding a full turnaround after catching the ball. Players will catch and drop step, open their hips as in the Full turn sequence. However, in this drill they continue to open their hips and actually turn around and movement up field before passing. Have them “follow their stick head” around to ensure they are turning properly. Protect the stick with their body. Players will want to bait a defender into checking while spinning away and moving up field.



Partner Passing Drop Step w/ Split Dodge

The final progression is adding a split dodge after the drop step.

Players will:

1. Catch
2. Drop step
3. Split dodge

This will simulate a player catching the ball, feeling pressure and then trying to beat their defender w/ a split dodge.