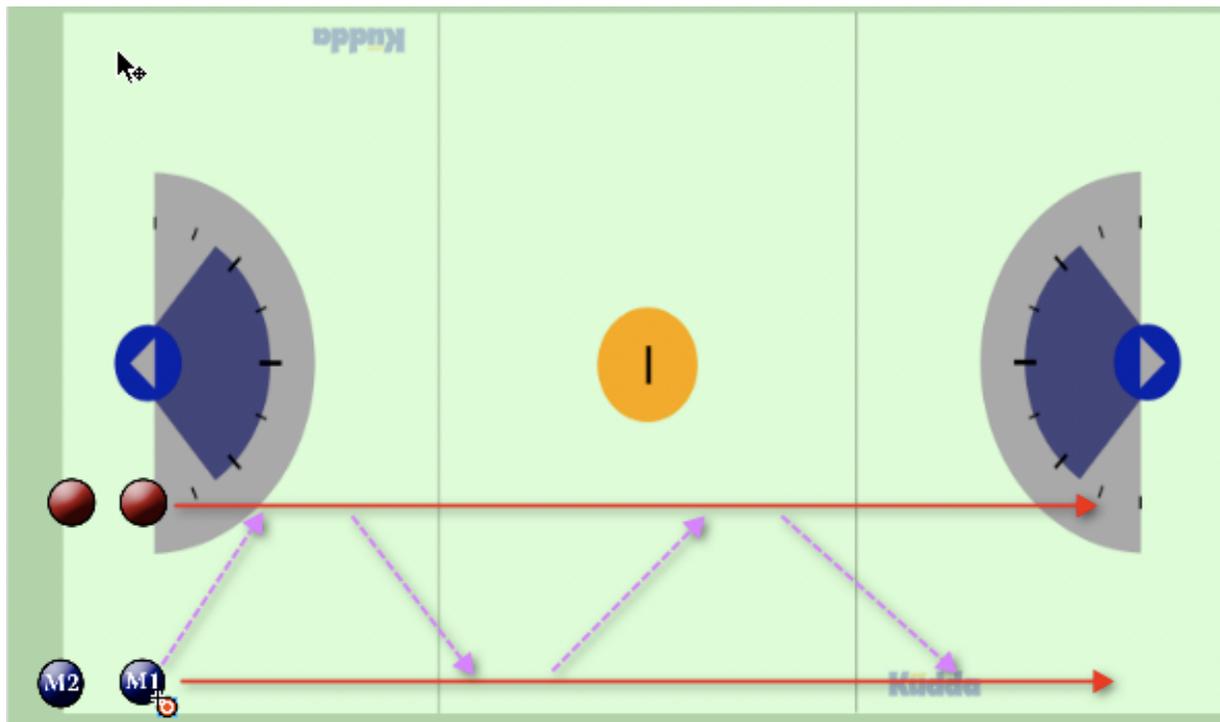


# Passing Drills Videos by Chris Robinson

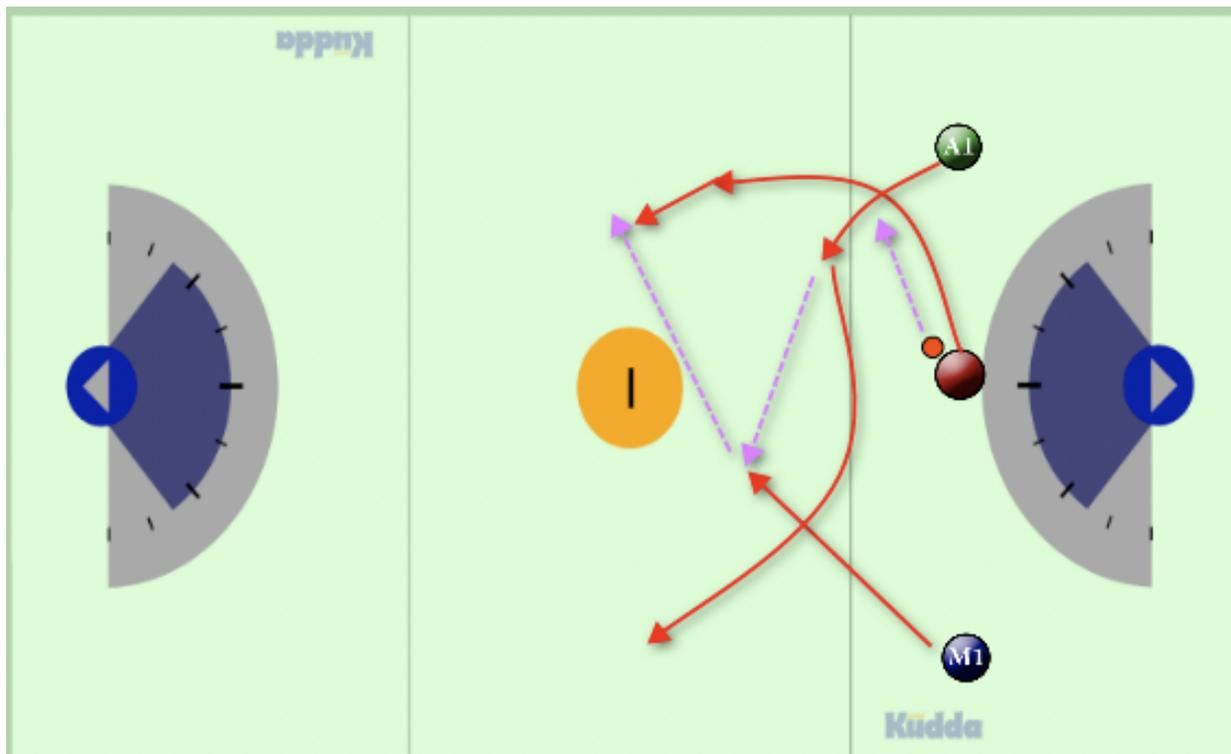
# Passing Drill #1

In this 2 person passing drill, the ball starts in **M1**'s right stick. **M1** passes to her partner who catches with her stick in her left hand. The red line will have their sticks upfield, in their left hand while the blue line keeps their sticks in their right hand. As soon as the first group gets out 10 yards the next players in line go. Drill can be done with ground balls as well



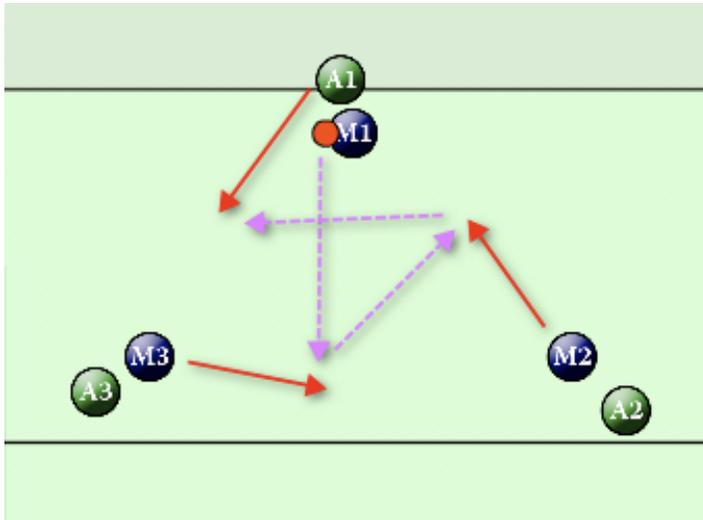
## Passing Drill #2

This is a 3 person weave. Players go behind the players they pass to. **Red** player passes to **A1**, who catches with stick in right hand. **Red** then goes behind **A1**. **A1** passes over to **M1**, cutting to middle. **M1** catches with stick in left hand and then switches and throws to **Red** with right hand.

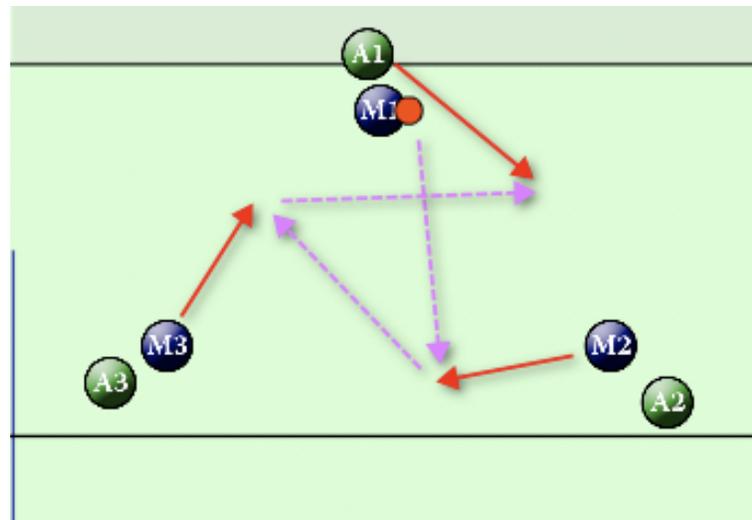


## Passing Drill #3

Begin by passing to the right side of the player breaking away. **M1** passes to **M3** who has stick to the outside. **M3** catches and passes to a breaking **M2**. After 30 seconds, switch and go the opposite direction catching and throwing w/ the left hand. Work on communication. Work on catching and throwing w/out a lot of cradling.



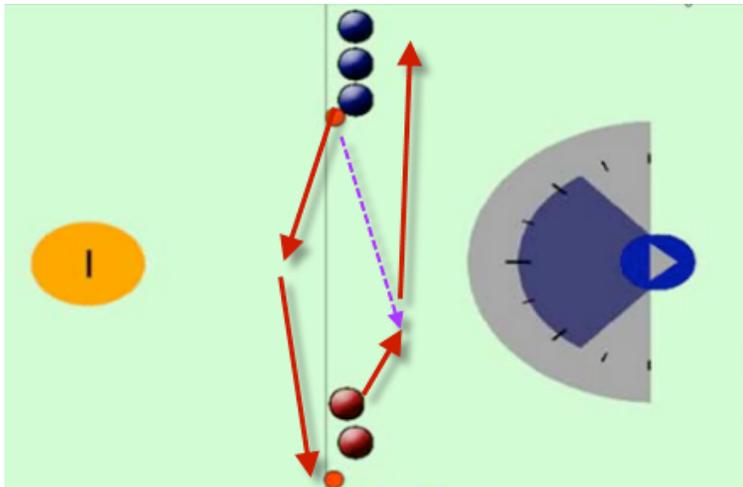
Right handed



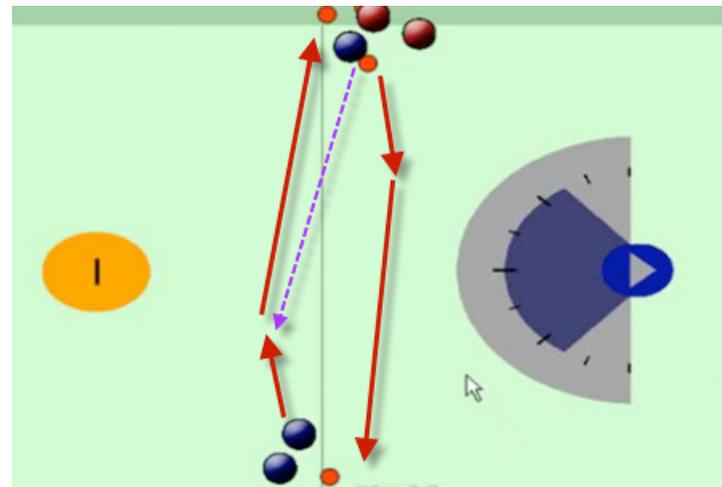
Left handed

## Passing Drill #4

This is a simple shuttle line. Work on passing with the right hand making sure you throw across your body and catch with your outside hand...the right hand. Then switch to throw and catch with your left hand.



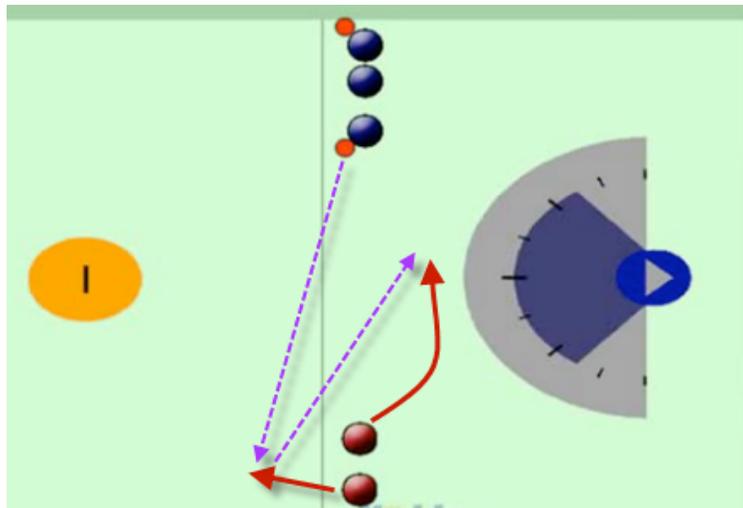
Right handed



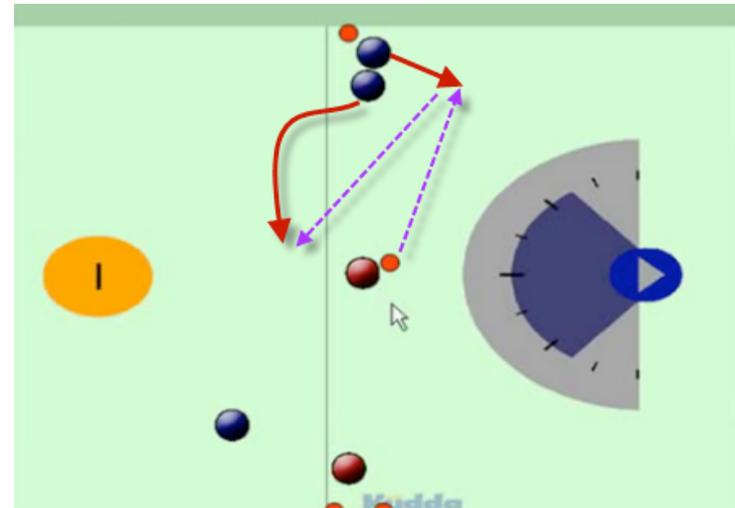
Left handed

## Passing Drill #5

This works on “Over-the-Shoulder” catching. Blue passes to the 2<sup>nd</sup> person in the Red line who catches and makes a high “loopy” pass to the first Red player who makes an over the shoulder catch. Allow the player room to run under this catch. The Red player than passes to the 2<sup>nd</sup> Blue player as the first Blue breaks out to receive an Over-the-Shoulder pass. After a few minutes, switch and reverse directions and catch with your left hand.



Part 1



Part 2

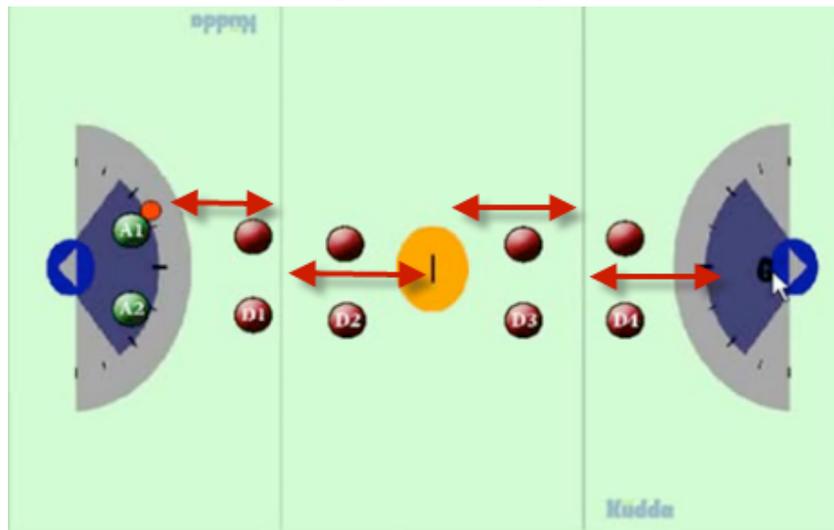
## Passing Drill #6

Passing with Pressure. You set the defense up into 4 “Zones”.

The zones are:

- 1) 12M to Restraining
- 2) Restraining to Half
- 3) Half to Restraining
- 4) Restraining to 12M

The object is for A1 and A2 to pass through each zone while the 2 defenders in that zone try to intercept or knock the ball down. Once the attackers clear a zone they proceed into the next zone trying to reach the last zone for a shot on goal. Each pair rotates to the left.



## Passing Drill #7

This is a full field team passing working on Over-the-Shoulder catches. Goalie passes to a breaking player who catches and passes to next player to another for a shot. Opposite goalie repeats this drill. You should have coaches near the goalies with plenty of extra balls to keep the drill running.

