



Quick Hands Drill

Equipment required:

5 Balls and a stopwatch

Aim:

Improve passing and catching skills under a little bit of pressure

Key Teaching Points

- Hand Placement on the Ball – holding it like a Hamburger
- Facing side on to the target
- Step forward using the leg closest to the target
- Follow through with hands/fingers pointing to the target – Pistol style
- Pass recipient keeping hands up creating a target for the player performing the pass

Action:

Players to stand in pairs opposite each other approximately 3m apart.

Players in pairs pass the ball as quickly as possible while maintaining the appropriate technique and accuracy.

Players keep score and challenge themselves against other pairs.

Progression:

Change the time (30 secs, 45 secs, 60secs)

Increase the number of players from 2 to 3 to 4 etc.

Increase the distance between passes 5m, 7m, 10m, 15m