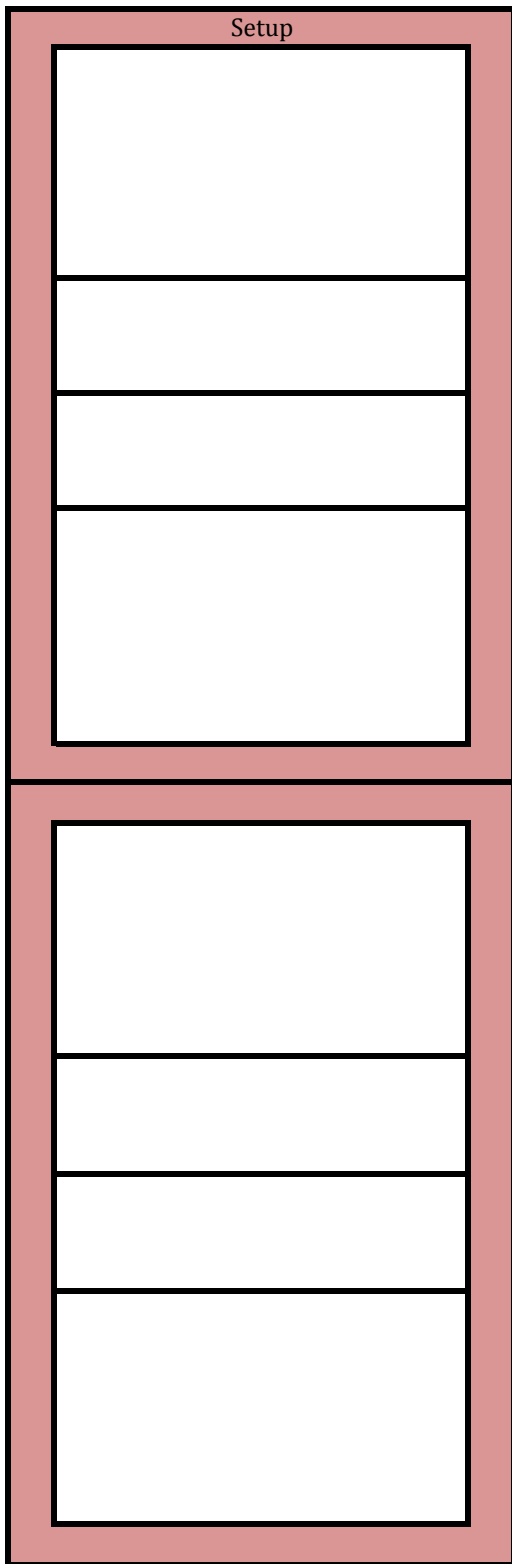


Recommended # of Athletes: 2 +



Extra Time 1 Hand Passing

Set-up

A simple filler drill designed for partners to do once they have completed paired skill reps before their teammates are done. Keep them in pairs with one ball.

Conditions:

Athletes work together (or against if you want to be competitive) to keep the ball up using only one handed contacts. Athletes should stay relatively low and work on both lower hand one armed digs as well as overhand tips and slaps.

Purpose/Goal

Develop personal touch, improving ball control and confidence. work on last resort type one handed contacts, improving play making ability.

Success criteria

Athletes have fun but remain relatively focused while successfully keeping the ball off the ground.

Reference Points

Stay low and balanced.

Use the widest parts of your arms and hands, maximizing surface area (such as palm or fist, and elbow area).

Variations

Have fun with it and create a mini game of it, having athletes compete against each other.

Legend: Ball's Route = - - - - -> Players Rotation => Players = 

