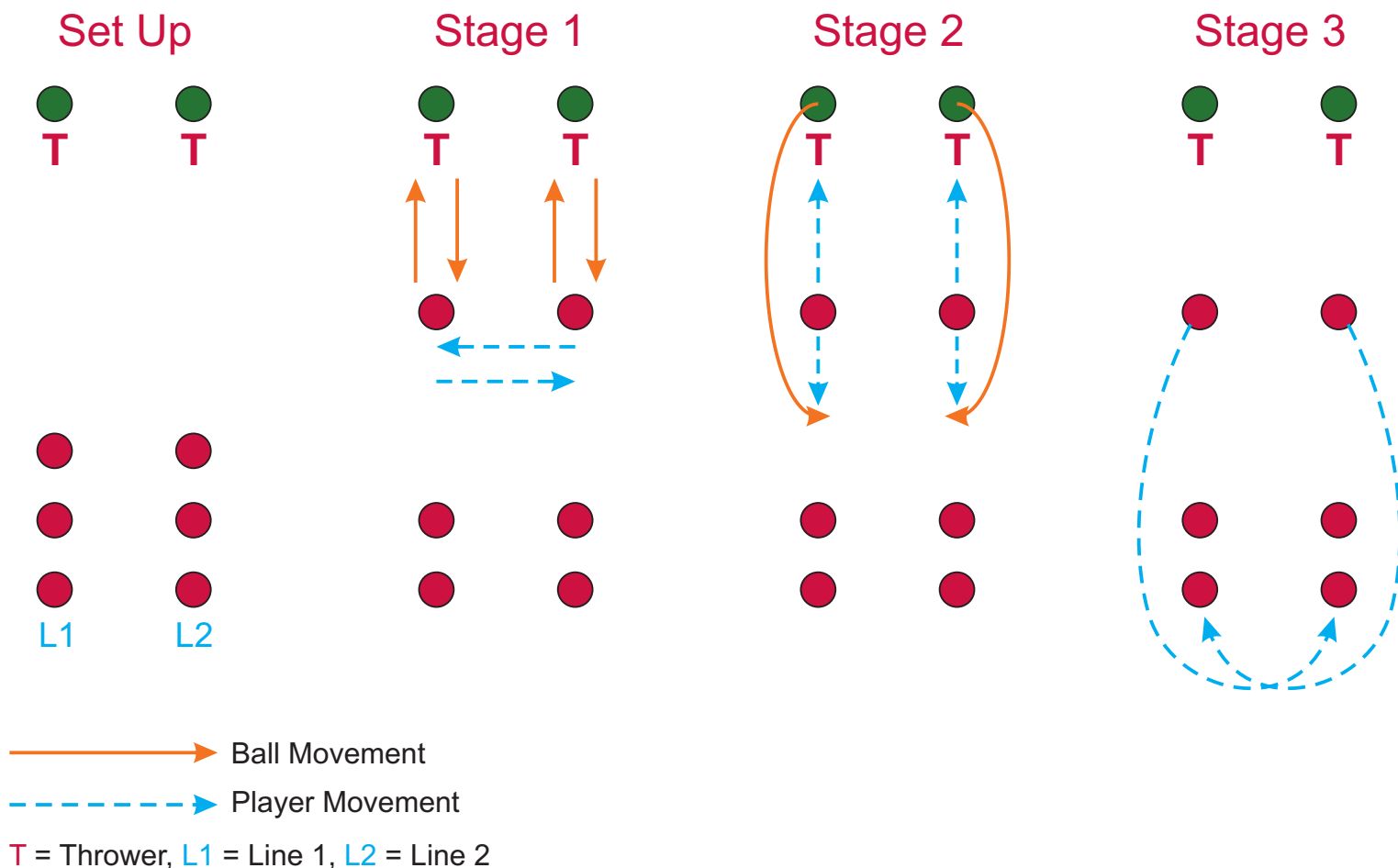


# Passing Drill 1



Resources: 2 Netballs, 6 or more Players.

## Drill Description:

Assemble players as per above diagram.

Throwers start with the balls.

Players from lines 1 & 2 run simultaneously towards the thrower to receive a pass and return it to the thrower.

The player from line 1 calls "front" or "back" and moves sideways towards the other thrower accordingly to receive the next pass and throw it back.

Each pair of players receive 3 passes.

After the third pass, the receiver runs up to touch the ball in the hands of the thrower and then runs back to receive a lob pass before pivoting, passing back to the thrower and returning to the end of the opposite line.

Each pair of players should run through this drill 3 times each before changing throwers.

## Coaching Points:

Highlight the importance of communication on court.

Highlight the importance of correct footwork, eg. driving off the outside foot, pivoting in the correct direction.