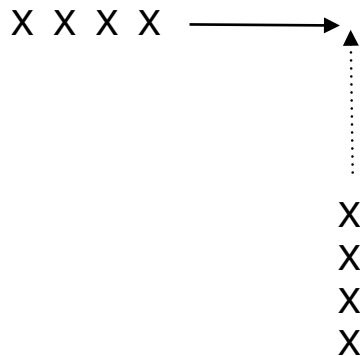


Passing Team

1. Outside Pivot 1 (10 minutes).

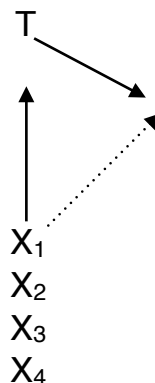
Work in groups of 6-8.



Focus: Pass in front of the receiver so they take it at full stretch. Land on outside foot, pivot to the outside. Return to own line when passed the ball. Change sides of drive after a short time.

2. Outside Pivot 2 (10 minutes).

Work in groups of 7-10. X_1 and X_2 start with a ball. X_1 passes to T, drives out to the right to take a pass. Land on outside foot, outside pivot and throw back to next person in line without a ball (X_3). X_2 immediately repeats with their ball, leading this time to the left. Continue, swapping throwers out the front intermittently.



Focus: Pass in front of the receiver so they take it at full stretch. Land on outside foot, pivot to the outside. Return to line when passed the ball. Change sides of drive when return to line.

3. Around the World (10 minutes).

Half the players (throwers) spread out on the lines on each side of one third. The other half of the players are the workers, who spread out inside the third. Each worker receives a pass from any thrower and passes it back to them. They then run and receive a pass from a different thrower, standing on another line. This continues and workers see how many passes they can receive in a given time period.

Focus: *Ensure all workers keep their eyes up to avoid collisions with others. Workers should have feet moving at all times. No standing still. Quick catching and passing skills are necessary. Throwers should use eye contact and call the worker's name if necessary.*

4. On the Move (10 minutes).

4-10 players, 1 ball, 1 third of a court. All players spread out over one third of the court. Players lead strongly to clear spaces, within the third, and pass the ball quickly and accurately between each other. Stipulate which kinds of passes are to be used, ie chest or one handed.

You can extend by adding a few defenders in the third.

Focus: *The ball needs to be moved quickly and with accuracy. Players need to keep evenly spaced within the third.*

5. Down the Line (10 minutes).

5-8 players, 1 ball, whole court. Players line up down the middle of the court. The end players are stationary throwers, one with the ball. Each player, in turn, makes a straight or double lead before receiving the ball and the drill continues up and down the court. Vary the sides they lead out to.

Add defenders after a few turns up and back.

Focus: *Use outside foot landing and an outside pivot. Pivots should be quick so players are ready to pass. Can increase speed of pivot by turning your head faster.*

6. Circle to Circle (10 minutes).

8-10 players, 1 ball, whole court. Players start evenly spaced over the court. The ball is simply passed up and down the court from one goal circle to the other and back again. Not all players need to receive a pass, but at least 2 players must lead for every ball.

Progress the drill by adding 3 defenders, and then gradually add more.

Focus: *Use outside foot landing and an outside pivot. Pivots should be quick so players are ready to pass. Look down the court as a first option.*

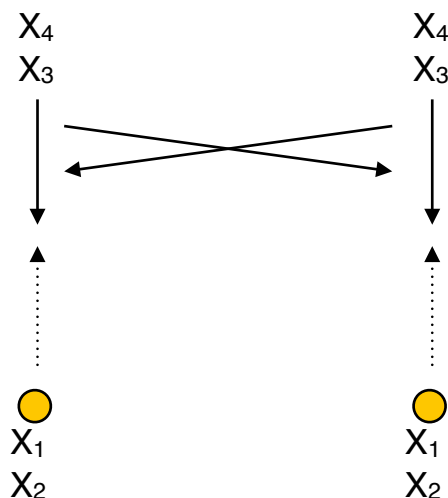
7. Pings (5 minutes).

Half players in each line, one third apart. First player starts about 1/3 across with the ball. First player in opposite line drives out and takes pass, first player in opposite line then drives out for pass, etc. Run to opposite line when you have passed the ball.

Vary the passing to make harder. Straight, high, then dropped (player must get the ball before it bounces again).

8. H-Drill (5 minutes).

Need at least 8 players for this activity. Spread players into 4 corners.



X1s both start with ball. X3s drive straight out to take pass from X1, and return the ball to X1. They then cross to other side calling 'front' or 'back', to take a straight pass from other X1. They then outside pivot and throw the ball to X4 on their current side. X1s then drive straight out to take pass and drill starts again.

Can extend the drill by 'popping up' the first pass in each drill, or by dropping the first pass low in each drill.

Focus: Passes need to be straight and accurate. They need to be placed ahead of the worker so they take it at full stretch. Workers should snatch the ball into their chest when they take a pass.

9. Circle Run Across (5 minutes).

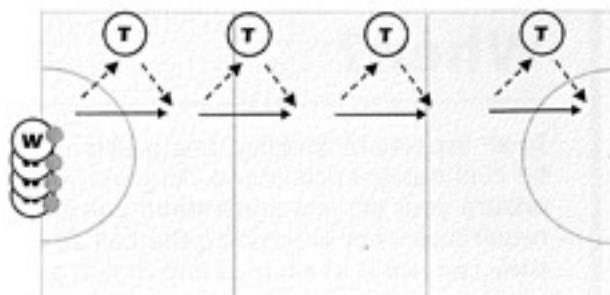
Need at least 7 players for this activity. Form a circle, one ball. Players shoulder pass across the circle to another player, then run across, following the ball to take the receiver's place in the circle. They then pass off and follow etc. Players cannot pass to the person directly beside them.

Extend the drill by defending the next pass after you have thrown the ball off. Still make your way across to the receiver to take their place.

10. Fast Passing 1 (10 minutes).

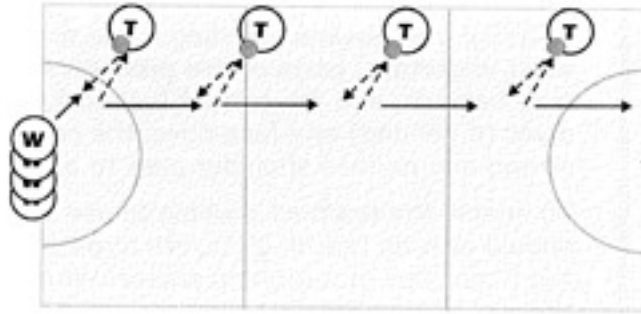
Workers start with the ball.

Focus: Pass off quickly when you get the ball. Try to land on the correct foot and drive off quickly. Don't stop when you get the ball.



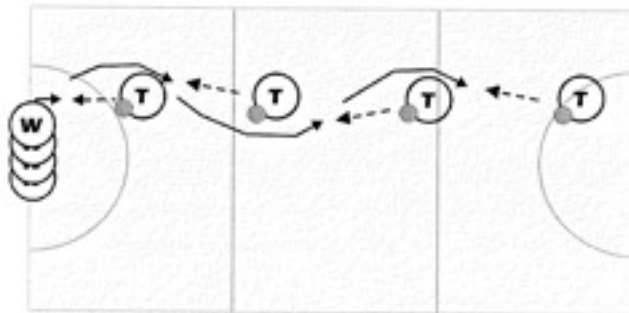
11. Fast Passing 2 (10 minutes).

Throwers start with the ball.



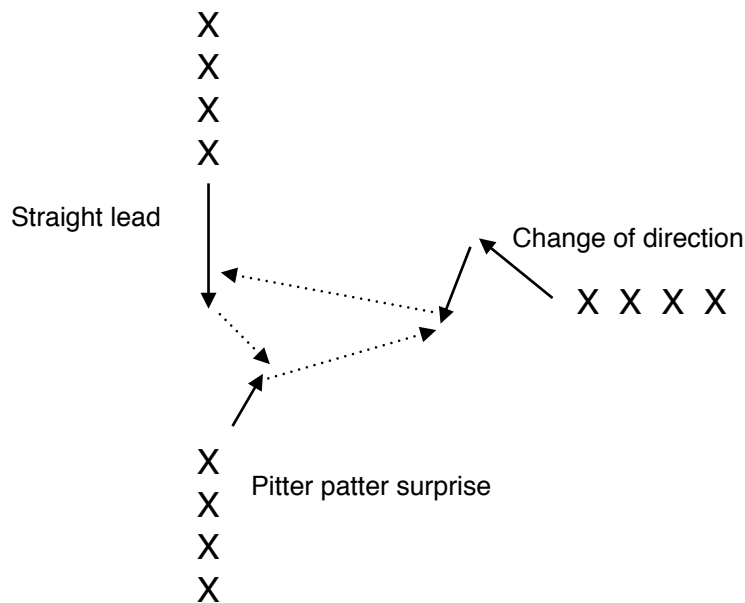
12. Fast Passing 3 (10 minutes).

Weave. Throwers start with the ball.



13. 3 line passing (10 minutes).

Preferably need 9 players for this activity. Each line does a different move for the ball.



Focus: Timing of moves is most important. Concentrate also on placement of pass.

14. Switchover Drives (10 minutes).

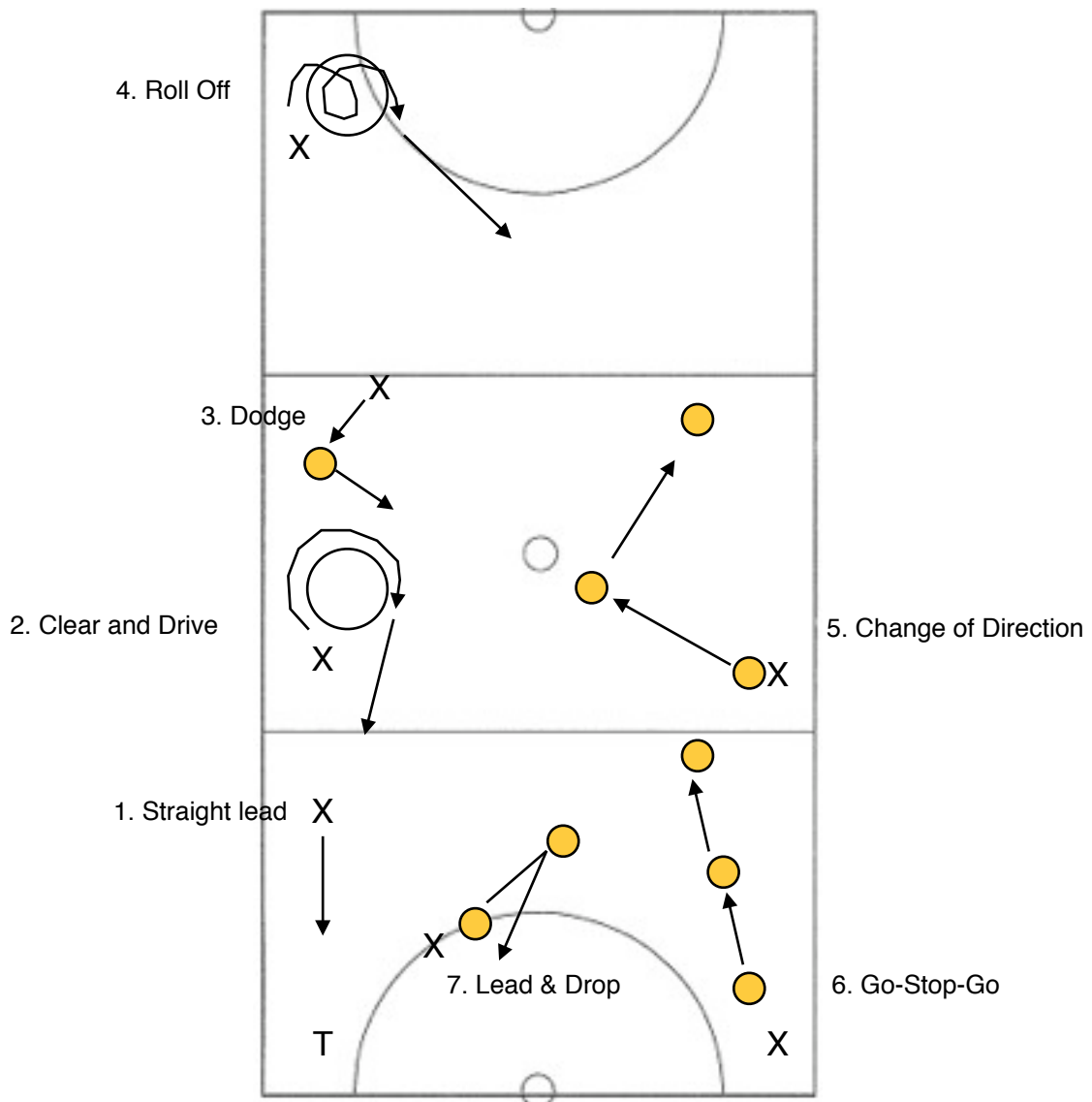
Groups of 4. Throwers stand one third apart (or across court). Workers are in the middle, each facing one thrower. Workers take a pass from the thrower and return it, immediately turn and sprint towards other T, take pass, return it and continue. 5 passes, then quick swap over. repeat x 3 each.



Focus: Eyes up at all times. Fast feet, quick change of direction. Explode onto the ball. Throwers can pass any pass, but they must be realistic.

15. Preliminary Moves (10 minutes).

You need at least two more players than the number of stations you have.



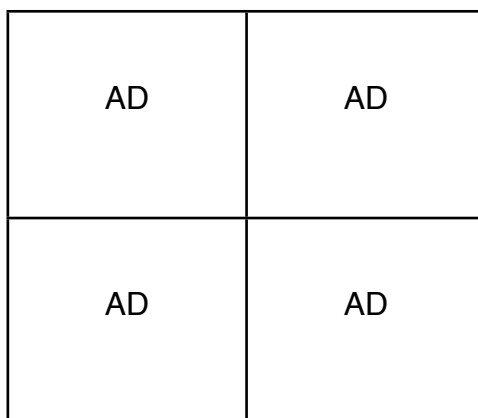
16. Continuous Captain Ball (5 minutes).

Teams of 5. T stands in front of the line. X₁ leads forward and receives pass from T. Worker lands balanced and passes ball back to T, then runs and joins line behind T. Repeat until one player remains (X₄). This player does move and receives a pass from T. They then become the new T and the players repeat drill. Continue until everyone has had a chance to be T.



17. Team Dodging (5 minutes).

8 players. Divide into two teams, one wearing bibs. One attack and one defence in each square of playing grid. Attackers must pass ball to teammates in other squares, trying to avoid interception by dodging. If a defender tips or intercepts the ball, then they become the attackers. Make competitive by counting the most consecutive passes. Bigger area means it is easier for the attackers, smaller area makes it easier for defences.



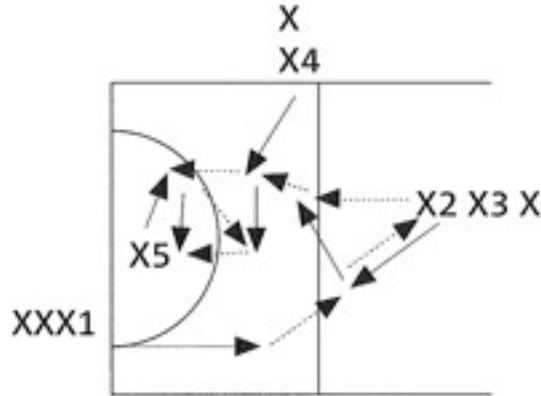
18. Four Corners (5 minutes).

Need 8 players for this drill. Start with 2 in each corner. 2 balls, starting on diagonally opposite corners. 1st 2 players without the ball drive into middle of square, take ball from their right, then pass onto where they are running. Join that line where they pass too. Next 2 players then drive to middle, take it from their right, then pass onto line they are running towards, etc.

Extend by taking from left, doe-c-doe around other player, creeping inwards and outwards etc.

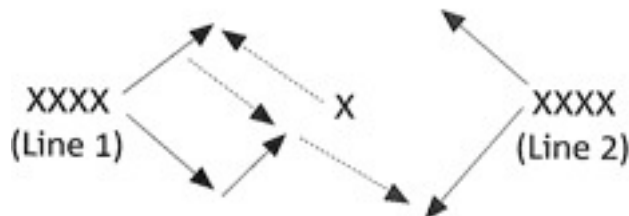
19. 100 Point Drill (5 minutes).

Players stand in equal lines at points indicated in diagram. X1 receives lob from X5 to start drill. They pass to X2 who first looks and fakes down court, but then passes to X3 and double plays. X2 then passes to X4 on drive to the top of the circle. X4 passes to X5, who double plays back to X4. X5 shoots after receiving the 2nd ball, or lobs the ball up to the new X1. Each person moves to the next line after playing the ball.



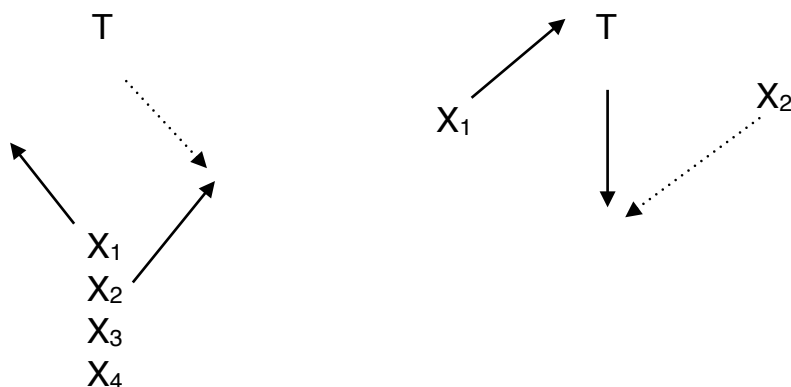
20. Split and Re-offer 1 (5 minutes).

Players form 2 lines facing each other. The ball starts in the middle, but the drill becomes continuous after the first pass. First 2 players in the line (Line 1) split lead and re-offer for the ball; the second person to receive the ball passes to split lead in other line. Players then join the line opposite. Can vary the type of pass and the distance of the pass. Can extend by adding one defence - pass to undefended player.



21. Split and Re-offer 2 (5 minutes).

2 leads at the same time in opposite directions. T passes to one of them. The one that doesn't get the ball, breaks towards T's position. T drives straight down the middle towards line of players. The worker who received the ball can choose either of them to throw the second pass to. Return ball to T (if not already there), and start drill again. Everyone but new thrower returns to the line.



22. Numbers Netball (5 minutes).

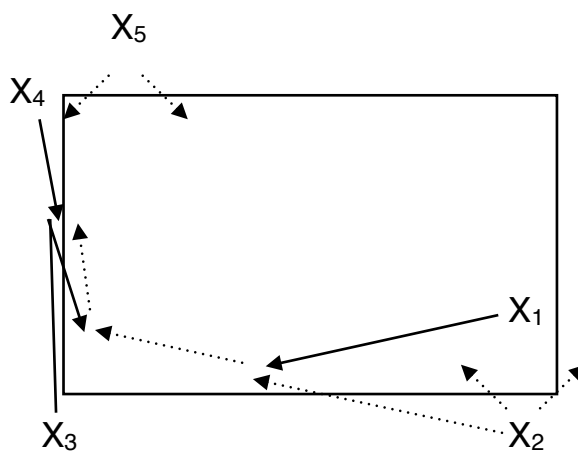
Split team into two groups. One group wears bibs and number off 1-?. The other team also numbers off 1-?. Limit play to one third for each team. Each team tries to complete as many passes in sequence as possible with no errors or dropped balls. Normal netball rules apply.

Once everyone has demonstrated good passing and movement, join teams in one third and they play against each other. The other team tries to intercept the ball. If they do, they then continue their sequence from that player. If drill done successfully, mix the number sequence up (e.g. work backwards, or 1, 3, 5, 7, 2, 4, 6, 8 etc).

Focus: Strong drives to the ball, accurate ball placement. Use all the space and clear out if it is not your turn in the sequence. You should always be moving - if you are not moving to the ball, then you should be moving to clear space for others.

23. Surprise and Drive (5 minutes).

Spread out evenly in the corners of a third of the court. 2 balls. Workers in each diagonally opposite corners begin at same time. X1 takes 2 x surprise passes from X2 in their corner and return ball each time. They then drive across the transverse line for another straight pass from X2. X1 then passes the ball onto X3 who has driven down next transverse line then changes direction to drive back for the pass. They then throw the ball to X4 from next corner and they start again from 2 x surprises. Each player moves onto the next corner after passing off.

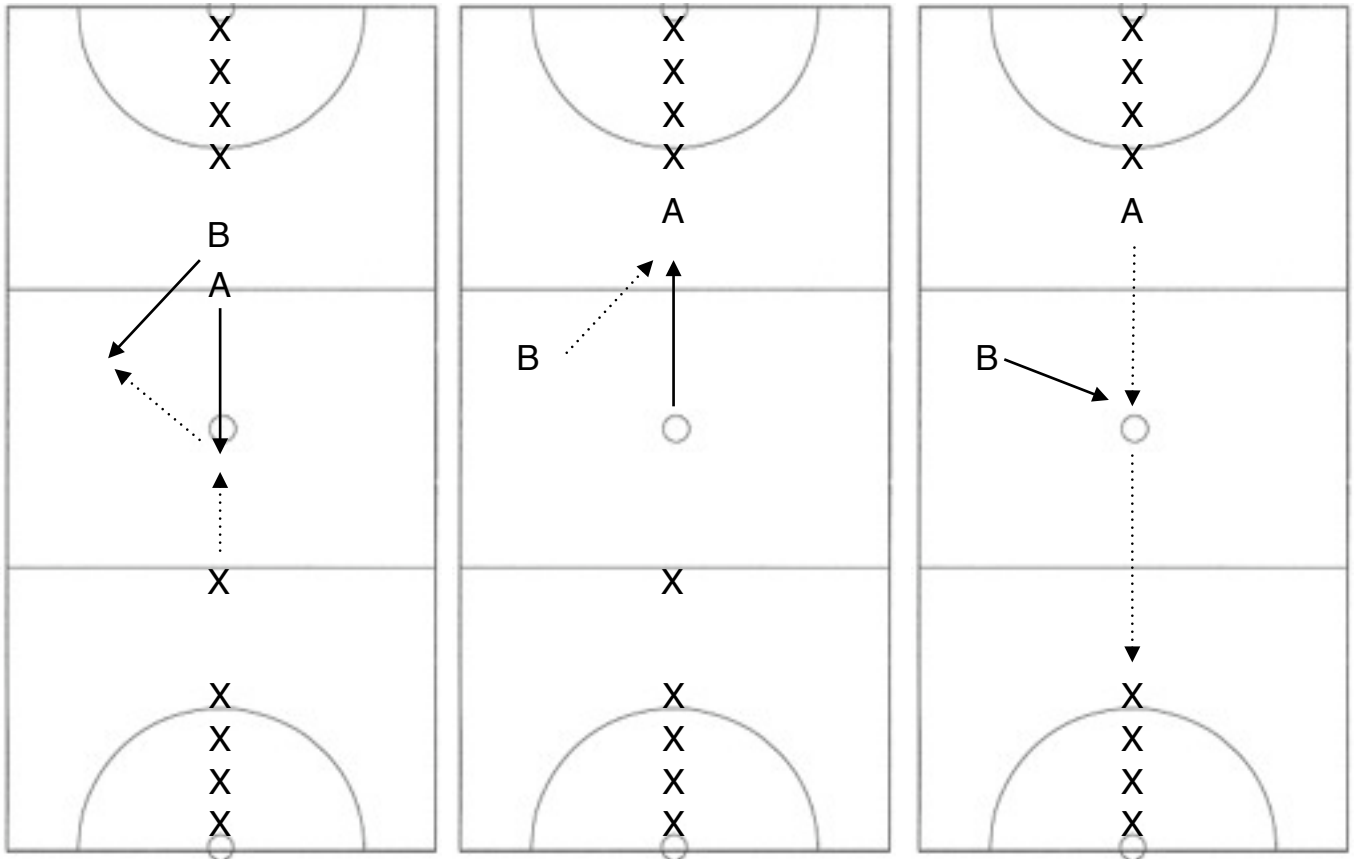


24. Thinker Drill (5 minutes).

4 lines of players in equal corners of third. The drill consists of one lead along the edge of the square, followed by another lead into the centre of the square. X1 starts in the middle of the square as if they have made a lead there. The first person in the corner to which they are facing makes a lead along either sideline from their corner and takes a pass. The first person in the corner to which they are now facing makes a lead into the middle of the square and takes a pass. The first person in the corner to which they are now facing makes a lead along either sideline from their corner and takes a pass, etc etc. Players move and join the line to which they are facing when they have passed the ball.

25. Long Ball, Short Ball (5 minutes).

Ball starts with X at the transverse. Player A runs straight to take a long pass. They turn and pass to Player B who is leading out on a short angle for a quick short pass. A then runs to the top of the line to take a quick short pass back from B. B then moves to where A was to receive a quick short pass (thus, 3 short passes worked in a triangle). B then turns to make a long pass to the first player in the line at the other end of the court. Join your own line again when finished.



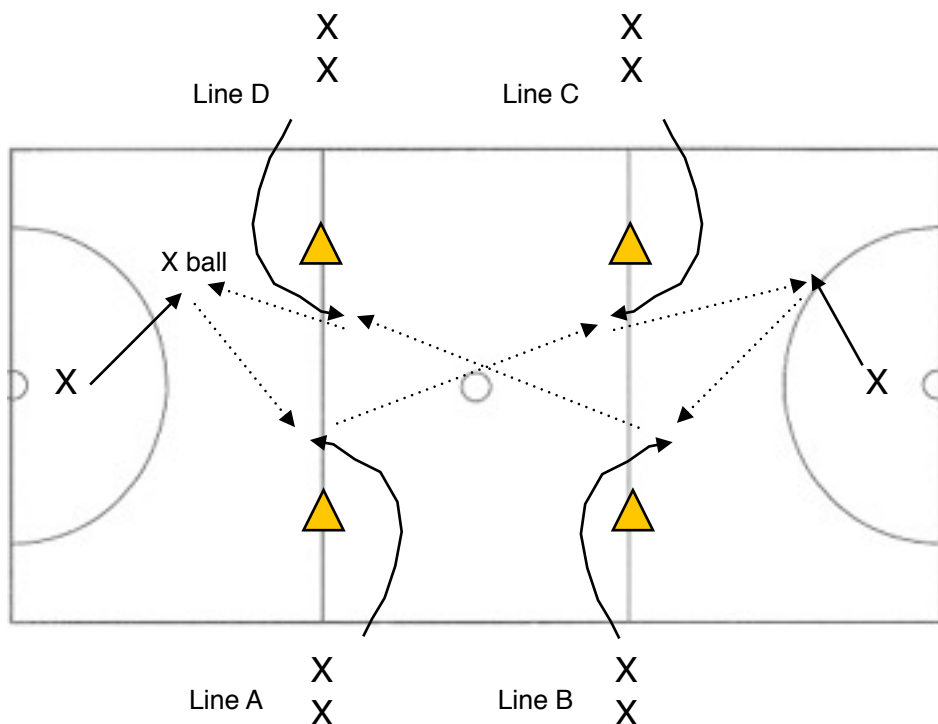
26. Triangle Space Awareness Drill (10 minutes).

9 players work best. Set up a triangle using one third. Have players line up equally behind the 3 corners. The first player in each line breaks into the third. One gets the ball, the other two re-offer to break for another pass. Continue until all 3 players have caught the ball. The next person in each line then breaks into the third. The player chooses one of them to pass to, then the other two re-offer etc.

Can extend the drill by putting different coloured bibs on each group of 3. One group of 3 starts as defences in the third, and try to intercept the passing. Can change to have 6 passes instead of 3 if need be. Keep rotating the defending team. Challenge for set period of time, or vary the size of the triangle.

27. Inside Out Drill (10 minutes).

Need 10 players for this drill. 1 player stands in each goal circle, the others spread out on the transverse lines.



The drill is continuous with the player moving to the line/ spot where they threw the ball. Start the drill at player X ball. The ball is then passed in the following order;

- a. A player leading around the cone from Line A.
- b. A player leading around the cone from Line C.
- c. X leading out of the goal circle.
- d. A player leading around the cone from Line B.
- e. A player leading around the cone from Line D.
- f. X leading out of the goal circle.

Can add defenders scattered throughout to make harder.

28. React and Defend (10 minutes).

3 players in each third. Each group of 3 has a different set of bibs on.

Coach throws the ball into one of the end thirds. The group of 3 in the middle third are the defenders and must run into that third to defend the passes. The attack team in that third must try to pass 6 passes without the defence intercepting. If they are successful, they stay where they are. If the defence gets the ball, then they swap roles with the other team and become attackers in that end third.

29. Free Flow (10 minutes).

3 players in each third. The ball is passed to each player in the third before moving onto the next third.

- Stipulate the pass to be thrown
- Stipulate the attacking move to be performed before receiving the ball
- Pass to the first, most obvious option
- Player must fake to one person then pass to another
- The first ball into each third must be a long pass
- There must be a double-play in each third. One person must receive the ball twice.
- Change the speed of the ball. One person passes on one second, the next on 2.5 seconds.
- The ball is to be passed back to a player in the previous third and then retaken by the same player or an alternative player in the same third.
- One player acts as a linking player and can move into the next third.
- All players do not need to receive a pass. This encourages players to look down the court and not across the court.
- Add defenders into each third (or overpower one third only).

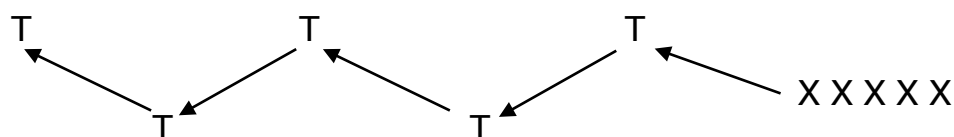
Focus: *Players should all make an attacking move for the first pass in the third, the remaining players should reoffer a second move for the next pass, and then the last player should reoffer again for the last pass in the third. Players need to demonstrate spacial awareness by reading off each others' moves and use all the space. After receiving a pass, players need to make clearing moves to open up space for others.*

30. Circle Game (5 minutes).

Split into 2 teams (minimum 4 players per team). One team needs to wear bibs. Stand in a circle, with teams taking alternate places. Have one ball start with team A on one side of the circle, the other ball start with team B on other side of circle. On 'GO', the ball is passed around the circle between members of the same team in the same direction. Each team tries to overtake the other.

31. Driving Grid (10 minutes).

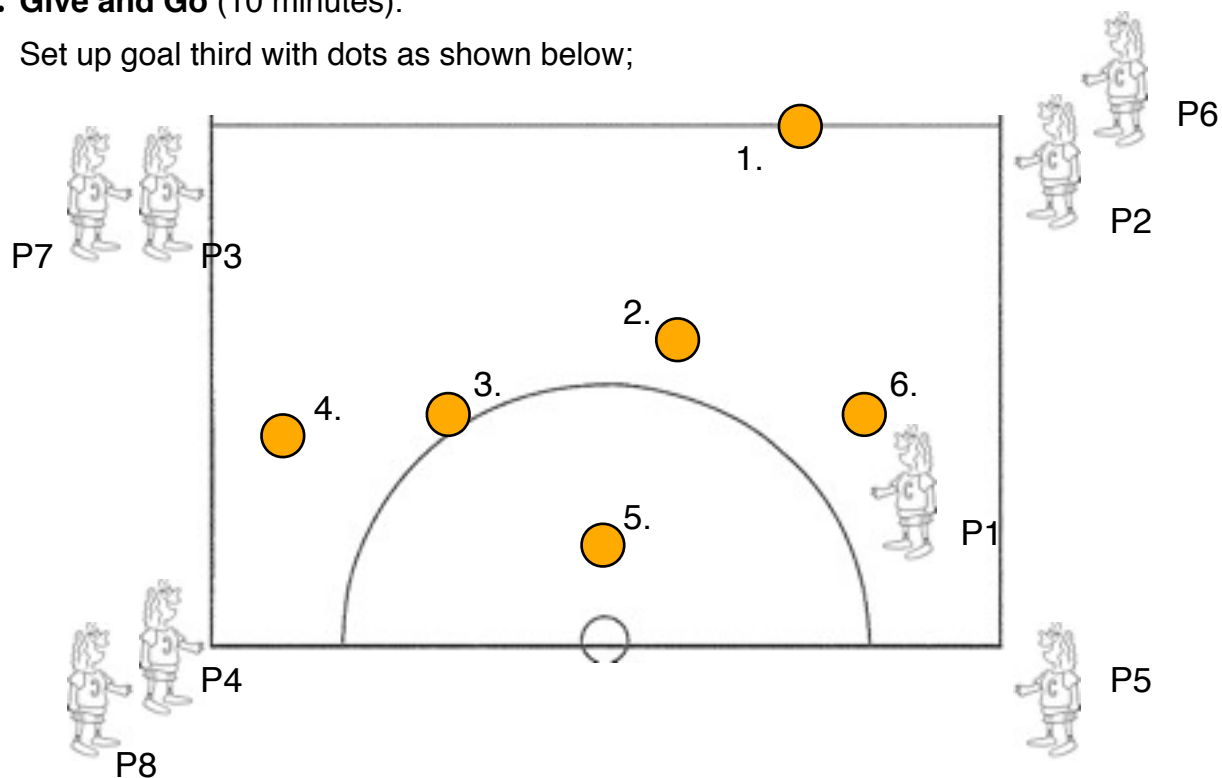
5 throwers, 5 workers. Each thrower has a ball. Workers drive out to take a pass, 2 foot landing and return it, then pivot and drive to next player for another pass. Continue down the line. Walk back to line as recovery.



Focus: *Good conditioning drill. Make sure players drive strongly to the ball until it is caught. Stress the importance of balance and good landing. Can extend by changing the landing, changing the type of pass or by bringing the throwers closer together.*

32. Give and Go (10 minutes).

Set up goal third with dots as shown below;



Ball starts with P1. They pass to P2, then drive to dot 1 to take a chest pass (double play). P2 then drives towards circle to take a pass at dot 2. Player 3 drives to dot 3 on edge of circle to receive a chest pass. Player 4 in the meantime drives towards the post, then out of the circle to take a pass at dot 4. She returns it quickly to player 3, then drives hard to post to take a high pass at dot 5. P5 then drives to dot 6 to take a pass and the drill starts again.

33. Triangle Decision Making (5 minutes).

Set up in 3 equal lines, in a triangle formation. One player starts with the ball. They can pass to the front player in either of the other 2 lines. Once they pass to a line, they then run to the back of the other line. The next person then passes to one line, and runs to the other. This continues, with players having to decide quickly which line to throw to and which line to run to, so that no line runs out of players.

34. Triangle Calls (10 minutes).

9 or 12 players work best for this activity. Set up in 3 equal lines, in a triangle formation over one third. One player starts with the ball in the middle of the third. They can call either '1', '2' or '3' to the next line of workers. They respond appropriately - if '1', then one player makes a break for one pass. If '3', then 3 players all split and reoffer, passing a total of 3 passes. They then make a call for the next line of workers.

Focus: Ensure they make loud, confident calls. Next workers must respond quickly. Ensure players reoffer and change direction for each pass, using all the space available.