**Skill of the Week**

**Passing**

**Keys Points**

1. **Starting position- Triple Threat- knees bent, ball in two hands at stomach height with elbows wide.**
2. **Step into the pass- this gives the player the power to pass the ball faster and further as power comes from the legs rather than just the arms.**
3. **Follow through with arms- should finish with hands pointing at target, palms facing outward (to ensure wrist flick) and thumbs down.**
4. **Jump stop into the catch-doing a jump stop forward into the catch is very important as it will help the player beat the defender to the intercept.**

**Drills**

**Pair passing**

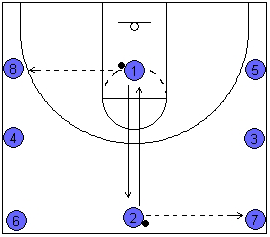
In pairs standing about 3 metres apart  
Passing the ball between each other- making sure they step into pass and receive  
Make it harder by getting them to shuffle up and down the court while passing between each other.  
Do both chest passes and bounce passes.  
This is very basic but is important to get right.   
To make it more challenging put a defender on the player with the ball just like piggy in the middle. Make sure the defender plays defence on the player with the ball not without as this will make the player with the ball use their pivots and pass fakes.   
“ You have to fake a pass to make a pass”

**Player in the middle**

In groups of 3  
Stand in a line with about 3 metres between each player.  
Both players on end have balls  
One end player passes ball to middle player and middle player passes back then pivots around to face other player.  
That player then passes the ball to middle person who in turn passes back and pivots to face first player again.   
Repeat this for about 30seconds per player in the middle.   
Start slow to ensure accuracy then increase speed.

**Pass and Switch**

Set up in a square or a circle with all players having a partner opposite them in the circle/square.   
One pair has a ball each.  
They pass the ball to their right and then switch place with each other.  
The next people with ball should be another pair and should do the same.   
Try and get as many complete passes as possible.  
Make the distance between players further as they get better at the drill or change it up to passing to the left so they have to think about what they are doing.



**Build Up**

Everyone in half the court  
2 people are defending(wear bands) the rest are passers  
Two/three balls  
Trying to keep balls away from defenders  
Defender just need to stop the pass from being completed successfully and then the person who passed it joins the defending team.   
About communication/awareness, stepping into the pass and catch become very important.   
Make communication more crucial by getting the players to count how many passes are made.

**Four Corners**

Start with a line in each corner (the smaller the square the easier it is to do)  
The balls start on opposite sides. At the same time the two lines without a ball (1&3) cut to the middle and receive a pass from their right.   
They will then pass the ball onto the player straight ahead in the direction they were running.

After making the pass they will go to the line where they RECEIVED the pass from. Once the passer has made the pass they will then cut to the middle and the drill repeats over and over.   
You may need to start with one ball if the children are quite young.