

**HAND PASS**

**SKILL DRILLS**



**JOG & PICK UP AND HAND PASS**

Organise pairs into circle or square formations. On the whistle the ball is placed on the ground and pairs jog towards next ball for one to pick up. Pairs then keep fist passing to each other until the whistle sounds for the ball to be replaced on the ground and the drill to be repeated.

**SKILL DEMONSTRATION**



**HAND PASS**

1. Always face team mate when receiving pass.
2. Strike ball with palm of hand.
3. Hold platform hand steady and in position as the ball is struck with the other hand.

**FIST PASS**

Same as hand pass except the ball is fisted away instead of palmed.

**SKILL DRILLS**

**(a) HAND PASS TO PARTNER**

Collect ball and stand 3m from partner. Hand pass ball to partner who catches in fingers in front of body and repeats.



**(b) HAND PASS WHILE MOVING**

4 groups of pairs 10m apart. A moves towards opposite file, hand passes ball to B, moves to rear and awaits next turn. B repeats with C. Team is finished when A returns to front position in original file. Encourage the use of the left and right hand when performing fist passes.



**FIRST DODGE BALL**

4 groups of pairs within a circle. One player chosen as "it" fists the ball at feet of other players who try to dodge but who must remain within circle.

**TOUCH BALL**

As the ball is fisted between players in circle formation, one player - "it" - tries to touch the ball. If successful, last player to play the ball becomes "it".