

## FDBA Domestic Coaches Drill Book: Passing

Name: Circle Passing

Drill No: B13

### Description:

Players form large circle with enough distance to make a pass in between each player.

Choose on dribbler who will attempt to dribble with weak hand twice around the circle before the team can pass the ball around and back to the start.

### Variations:

1. Vary types of passes
2. Alternate types of passes (chest, bounce, chest, bounce)
3. Make the players execute a 180 pivot to pass

### Points of Emphasis:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass

Diagram A.

