

FDBA Domestic Coaches Drill Book: Passing

Name: Diagonal Passing

Drill No: B14

Description:

Split group into two lines. The object is to run towards the other line, catch and pass on the run without traveling.

Diagram A.

Variations:

1. Vary types of passes.
2. Vary Distance.

Points of Emphasis:

1. Fully extend arms
2. Partner has targets up (hands up at chest)
3. Fingers point to targets after pass
4. No traveling

