

## FDBA Domestic Coaches Drill Book: Passing

Name: Passing Relay

Drill No: B2

Diagram A.

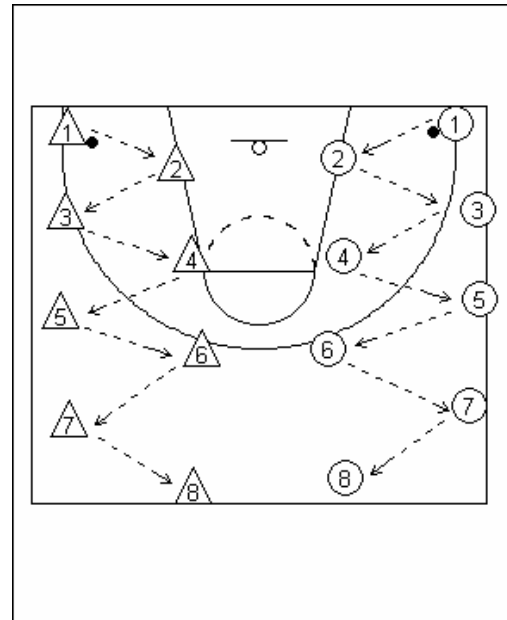
### Description:

Split the group into two teams and spread out along sideline.  
(See diagram A.)

First team to pass up and back wins.

### Variations:

Bounce passes  
Alternating passes. E.g. Bounce then chest.  
Push passes (one handed)  
Behind back



### Points of Emphasis:

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