WOMEN’S LINE PASSING WITH 2 BALLS
DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Ball Movement</th>
<th>Drill Style:</th>
<th>Game</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Location:</td>
<td>Midfield</td>
<td>Field Position:</td>
<td>Offense</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>10 Min</td>
<td>Skill Level:</td>
<td>Basic</td>
</tr>
</tbody>
</table>

OBJECTIVE:
To work on quick ball movement and accurate passing.

DRILL DESCRIPTION:
Set up a 15m grid with cones. Players 1 and 4 start with a ball. 1 passes to 2, and receives from 5. 2 passes to 3, and receives from 1. 3 passes to 4, and receives from 2. 4 passes to 5, and receives 3. 5 passes to 1, and receives from 4.

SKILLS PRACTICED:
• Quick ball movement in a tight space
• Accurate passing

VARIATIONS:
Add defense or increase the number of balls to 3. Have players switch hands once they receive a pass.

DRILL DIAGRAM: