WOMEN’S PASS AND TOUCH THE STICK DRILL

DRILL SPECS:

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

Allows for many touches at a high speed for each player as they pass the ball and work skills through the drill. The basis of the drill is to keep the ball in the air and work on your catching and throwing when fatigued.

DRILL DESCRIPTION:

For this drill you need 3 people in a group. 2 players stand about 20-yards apart, each with a ball. The 3rd player stands halfway between their teammates. When the coach yells “GO” the X3 starts to run towards X1 with a ball asking with their dominant hand up. After X3 receives the ball, she quickly gives it back, touches the stick of X1 who initially threw the ball and turns to receive the ball from the X2, 20-yards away. X3 will repeat; catch, cradle, throw, touch stick, turn and receive. There should be about a 30-60 second time limit, then the players switch roles. Once all the players have finished dominant hand they can switch to non-dominant, catch Left-throw Right, and catch Right- throw Left.

SKILLS PRACTICED:

• Ball Movement (Catching and Throwing)
• Conditioning
• Strong and Weak Hand Play

VARIATIONS:

You can add in a specific number of touches a player needs to get within 60 seconds to make it competitive.

Change up throws to ground balls, bounce passes, or away passes.
DRILL DIAGRAM: