WOMEN’S QUICK PASSING AND CONDITIONING DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Conditioning, Throws
Field Location: Attack Zone
Time Needed: 5 Min

Drill Style: Conditioning
Field Position: Offense, Midfield, Defense
Skill Level: Basic

OBJECTIVE:
To work on passing and catching accuracy as players fatigue.

DRILL DESCRIPTION:
Players A and B are passing posts, each with a ball. C player in the middle runs to A-touches her, cuts back to B and receives the ball-then gives a quick pass back to B. C then runs to B, cuts back to A and receives a quick pass and gives pass back to A. Continue for 30-second intervals.

SKILLS PRACTICED:
• Conditioning
• Passing Accuracy
• Catching short, crisp passes

VARIATIONS:
Add defense on the player in the middle for pressurized catching. Also, have players switch hands-catching and throwing with outside hand.
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