



Equipment: 2 balls, 2 markers
Name: Stormers Quick Hands Drill
Category: Passing
Group Size: 2 players
Area: 5m x 5m field

Drill Explanation

Stage 1. P1 and P2 are each holding a ball on their right hip
Stage 2. P1 passes to the left of P2 – P2 passes his ball to the left of P1
Stage 3. Players now perform the exact opposite passes: P1 to the right of P2 and P2 to the right of P1s

Key Points

- Players must ensure their hands travel and finish pointing directly at the receivers hands (target)
- Players must have their hands up ready to receive and then pass
- Players must reach for the ball and catch with soft hands
- The ball always travels in a straight line. Players should never pass across their bodies

Variations

- Use different sized footballs for variety
- One player is directed to throw poor, low passes while the receiver must still throw accurate, direct passes – change roles after a number of successful passes