Passing Drills

**Pass & Roll** (<https://www.youtube.com/watch?v=8AIw41lAxwA>)

Needs a partner and 2 balls. The partner A tosses one ball to the partner B who has the 2nd ball between their feet. As partner A tosses the ball to partner B, partner B must roll the ball that is between her feet to her partner. Then partner B passes the ball back to partner A. Partner A repeats what partner B did. Must get to certain number of passes or certain amount of time.

KEY: Control the pass or it won’t be able to continue to roll the ball on the floor

**Square Passing** (<https://www.youtube.com/watch?v=6SHkijFbpCM>)

Tape 2x2ft box on a wall. Player kneels on one foot and passes the ball aiming for the square on the wall. Works on weight shifting forward to pass & control

**Inside Out Passing** –10 minutes(<https://www.youtube.com/watch?v=OuqJHcuQWrw>)

4 players start in the middle: 2 facing net, 2 facing back end line. 4 other players stand on the corners of the court. 4 on the court start touching hands with their partner. On go players shuffle out to the end line and have to pass a ball back to the tosser standing on the corners. Then shuffle back to the middle to give their partner a high-five. First pair to 5 passes & returns wins. Then the tossers & passers switch roles.

**Wall Passing** – 15 minutes(<https://www.youtube.com/watch?v=hsTAXPYw2e8>)

All players start kneeling on their left knee with a ball facing a wall. They toss to themselves and pass balls for a certain number of times:

15 straight // 15 left // 15 right

Then pair up: 1 player facing wall, 1 player standing behind. Partner says go & tosses ball against wall. Passer passes ball back to wall. Repeat 10 times. Switch partners.

**Butterfly Passing**

Split players into two teams and have each team stand in position I and in position V. Coaches stand across the net from each team and throw balls over the net. Each player attempts to make the ball to bounce between her legs while keeping both feet on the ground. If she completes this successfully, she earns one point for the team. First team to 10 wins.

**Partner Passing**

Partner players together. One partner stands at the 10ft line and one partner stands 15ft away. The partner tosses 10 balls, then the players switch places. This can be performed with short PVC pipes under the passer’s armpits.

Straight on // To the left // To the right // Behind // Forward

Can also perform with one partner kneeling

Can also perform with one partner in ready position under the net

**50-in-5**

Split players into two groups: 1 group on the court, 1 group shagging & standing on a hitting box at target. The group passing starts with 2 players splitting the court & the others waiting in line. The coach enters one ball cart of free balls and the passers attempt to pass a perfect ball to the target. When the ball is passed to the target, they earn 1 point. Once the ball cart is empty, the groups switch roles and continue the count. Both groups are working together to pass 50 balls to the target in 5 minutes or less.

**Fake Queens**

3 players begin laying on the ground and the coach bounces a ball off the floor. Once the ball bounces, all the players get up as quickly as possible and pass, set, & push the ball over the net. The 3 players must follow the ball to the other side of the net and play the ball back.