

2 Ball Passing Drill

Drill Specs

Drill Theme: Ball Movement
Field Position: Offense, Defense,
Midfield

Drill Style: Warm-Up
Time Needed: 5 Min

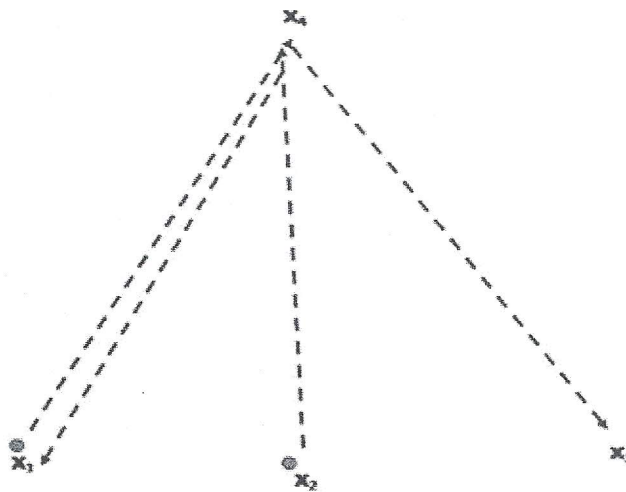
Field Location: Midfield
Skill Level: Intermediate

Objective

To work on individuals stick work and ball movement.

Drill Description

Start by dividing the team into groups of 4. Each group will need 2 balls. 3 members of the group will line up in a line across from X4 about 10-15 yards away. X1 and X2 have balls. The passing pattern begins with X1 throwing the ball to X4, X4 catches then passes the ball to the only open player, X3. X2 then throws the ball to X4, catches and passes to the only open player X1. The drill continues with the ball always moving through X4, who will always pass to the open player, X4 will never pass back to the player it received the ball from.



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2 Ball Passing Drill, Continued