



Star Drill

Appropriate Age Group: 10-18

Skill(s) Practiced: Scooping, Dodging, Passing, Catching

Drill Duration: 5-7 minutes

Resources: Balls, Cones

Description: Players will set up in a star formation as shown. Each player will take 2-3 steps towards their intended receiver and pass the ball. Once the ball is passed, the passer goes to the end of the line that they passed to.

Progression(s): Add balls to see how many the players can keep moving simultaneously. Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Use different types of passes or rolls. Have the receiver dodge the passer before moving the ball to the next line.

Drill Diagram:

