



Eagle Eye

Appropriate Age Group: 8-15

Skill(s) Practiced: Passing, Catching

Drill Duration: 5 minutes

Resources: Multiple balls, Cones

Description: Set up cones in as shown. There will be two balls going at one time during this drill. Starting at each end, players will make a diagonal pass, working the ball from one end to the opposite end.

Progression(s): Alternate top hands on the stick. Adjust the spacing of the cones based on ability level of players. When the ball reaches the end, have the player pass straight across. Continue adding balls to see how many the players can keep in motion.

Drill Diagram:

