



Pass it Down

Appropriate Age Group: 5-8

Skill(s) Practiced: Pass, Catch, Shoot, Scoop

Drill Duration: 5 minutes

Resources: Goals, sticks, balls

Description: Players are divided into two teams. Each team spreads out evenly along one side of the field. The coach places an equal amount of balls on the ground at the first person in each line, starting at opposite ends of the field. On the whistle, the players will begin passing a ball down the line of their teammates, with the last player in line shooting it into the goal.

Progression(s): Roll ground balls. Alternate top hand used on the stick. Turn away from pressure before passing.

Drill Diagram:

