



## COACHES EDUCATION PROGRAM DRILLS AND GAMES SUPPLEMENT

**Drill Name:** Off-side Catching Drill

**Skills Practiced and Introduction:**

- Off-side catching and switching hands to pass
- The key to this drill is to force a player in motion to receive the ball on the off-side of a normal catching position. Think of this drill as a right hand passing to left hand/off-side catching drill. Then, the drill reverses to a left hand passing to a right hand/off-side catching drill. In essence, the drill takes on the look of an over-the-shoulder catching drill but is a more side-to-side passing and catching drill.

**Suggested Equipment:** Stick, ball, gloves

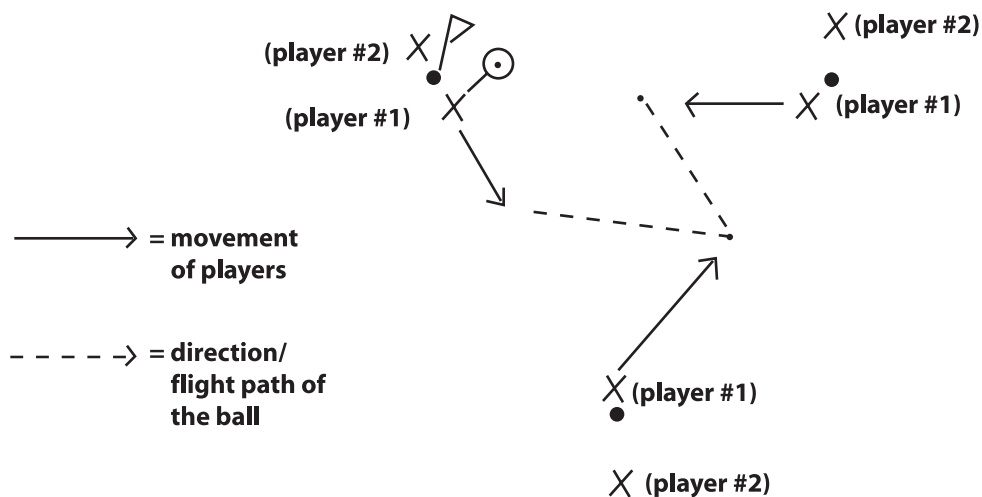
**Space needed:** Triangle configuration with 15 yard legs.

**Players needed:** 6 players, 2 players per line

**Set – up and execution:** (see diagram)

Players are labeled by numbers. Note each line has only 2 players per line.

- The ball starts with #1 in the first line indicated by a flag.
- As he runs counterclockwise towards the second line of players, he passes to the #1 in the second line who has begun to run counterclockwise towards the third line of players.
- When the ball is caught by the #1 from the second line, he passes to the #1 in the third line of players who then passes to the #2 player in the first line.
- All passers go to the end of the line they are running towards.
- After having gone counterclockwise for a time, the drill can go clockwise.





**Coaching tips:**

- Have players move at a pace that ensures time to pass and catch effectively. Players may walk at first if necessary.

**Variations/Progression:**

As you players improve their skills incorporate the following:

- The legs of the triangle can be extended
- Two balls may be put in motion.

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