

Give N' Go

Objective: To improve over-the-shoulder catching and players' ability to move the ball immediately after receiving it.

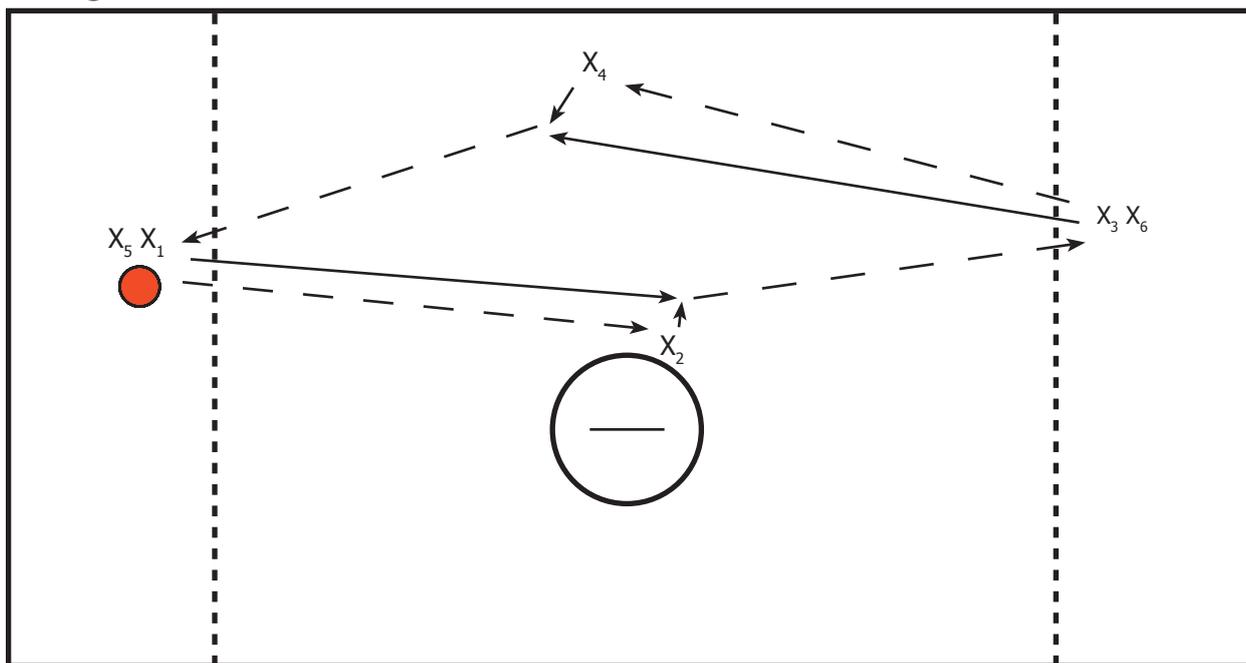
Suggested space needed/equipment:

- Balls

Players needed: All team players can participate in this drill at one time, but there should be no more than 10-12 players in each group.

Description of Drill-Execution: Set two lines of players about 30 yards apart and facing each other, and set one player from each line halfway between the two about 20 yards apart on opposite sides of the line between the two (the shape should look like a pinched diamond). On a coach's whistle, the first player in one line picks up a ball and throws it to the player in the middle on his right side. This player should catch the ball in his left hand and throw it back to the player who threw him the ball. The first player should be running towards the other line of players and should catch the ball over his right shoulder before throwing it to the first guy in the opposite line. After throwing the ball, he "follows his pass" to the end of the opposite line.

Drill diagram:



Skills practiced:

- Long passes
- Cutting hard
- Catching passes over-the-shoulder

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...): This drill can – and should – be practiced using both hands. For variations, use groundballs or a "catch it, roll it; scoop it, throw it" manner instead of passes. To make it more fun, have players shoot on the goal after receiving the second pass rather than passing it again.

Goalie involvement: None

Related drills:

- Star Drill
- Four-corner Passing
- 3-Man, 2-Ball
- Meatloaf Drill
- Watermelon Drill