

Nutmeg Passing

This is an accuracy passing drill.

Divide the players up into groups of three. Each group has 1 ball.

Place two of the players about 10 feet apart. The third player will stand in the middle with their feet spread apart making a tunnel.

The two players should pass the ball back and forth through their teammates legs. Make sure they trap each time.

Switch out the middle player every minute or so.

Coaching point:

- passing and trapping with the inside of the foot only and follow through with your hips facing forward.

Variation:

- Right foot only, then Left
- Move the passing players back if it is too easy.

