

Right Angle Pass

This is a passing drill that helps players understand angle of support and spacing.

Setup four cones about 10 feet apart in a square. Divide the girls into groups of three with one ball per group.

-The goal is to never leave an empty cone adjacent to the player with the ball.

-If player in position 1 starts with the ball, then the other two players should be at position 2 and 3. (The cones adjacent to the player with the ball)

-Player in position 1 can pass to either player. If they pass the player in position 2 then player in position 3 must quickly move to position 4 to support their teammate.

Passing continues to either teammate. Players need to stay focussed to anticipate what to do next.

