FACT SHEET

BASIC PASSING TECHNIQUE

Polocrosse Australia

SKILL LEVEL: BEGINNER
SKILL DEVELOPMENT: BALL CONTROL AND THROW ACCURACY
PLAYERS REQUIRED: 2
EQUIPMENT REQUIRED: A RACQUET PER PLAYER

INSTRUCTIONS

to pass the ball:

1. Hold your racquet where the cane shaft begins to widen and keep a nice steady grip.
2. With the ball in the racquet, bring the racquet head slowly back past your hip, keeping a nice easy and long motion.
3. Move the racquet in a forward motion to release the ball.
4. Try and keep your arm as straight as possible when throwing the ball.

to catch the ball:

1. Point your racquet up, with the plastic head pointing to the sky. This ensures your partner has something to aim at.
2. Watch the ball through your net as it approaches to catch the ball.
3. Rotate your racquet so the ball is now ready to be thrown again.

Pre-throw

Mid-throw

Look through your net

Rotate your racquet

Drop down & throw again

Pro Tips

The easiest pass to learn is holding a short racquet because you have more control.

When throwing, try not to flick your wrist. Rather keep a slow and steady motion.

When transitioning from catching to passing try to make this one seamless motion.

These skills get easier with time. Practice, practice, practice!

www.polocrosse.org.au

Scan the QR code below to watch a video of this drill in action.

Australian Government
Australian Sports Commission

PLAY WELL