

FACT SHEET

PASSING DRILL



SKILL LEVEL: BEGINNER

SKILL DEVELOPMENT: CATCHING AND THROW ACCURACY

PLAYERS REQUIRED: 2-3

EQUIPMENT REQUIRED: A RACQUET PER PLAYER AND 2 BALLS

INSTRUCTIONS

- 1 Standing opposite your partner as far away as you are comfortable with, both players have a ball in their racquet.
- 2 One player throws the ball low to their partner whilst the other player throws the ball high at the same time.
- 3 As you are passing the balls, both players slowly walk closer together making the throwing distance smaller and smaller.



make it more difficult

- + To increase the difficulty, add an extra player and pass two balls continuously in a triangle.
As you are passing the balls, all players slowly walk closer together making the throwing distance smaller and smaller.



Pro Tips

Make sure to aim at your partner's net when throwing.

Don't forget to hold your racquet up so your partner has a target to aim at.

Set a goal before starting (e.g. a certain number of passes without dropping the balls or see how many accurate passes you can make in a certain time limit).


www.polocrosse.org.au



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

**PLAY
WELL**

