

Drill Name: 3 PLAYER PASSING

Stage of Activity	Train to Train, Train to Compete
Skills	Passing, Catching, Switching Hands, Fast Break
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	Groups of 3
How It Works	<ul style="list-style-type: none"> • A line of three players, spread out, parallel to the end-line looking up field • Player A1 starts with the ball. Player A1 uses left hand the entire time. • Player A3 uses right hand the entire time. • Player A2 alternates between left and right keeping the stick up field at all times. • Player A1 passes to Player A2 who catches with the right hand. Player A2 then switches to left and throws to Player A3. • Player A3 catches with right, throws back to Player A2. • Player A2 catches with left and switches to right to throw to Player A1 <p><u>Purpose</u> – Practices using both hands to give the players options.</p>
Modifications	<ul style="list-style-type: none"> • Can run with groups of 2 to eliminate the middle person.

