

## Drill Name: HOURGLASS

Stage of Activity	Learning to Train, Train to Train
Skills	Ball Handling, Passing and Catching
Equipment	Balls, Cones, One Stick per Player
Time	10 Minutes
Number of People	6+
How It Works	<ul style="list-style-type: none"> <li>• Six cones set up forming a rectangle. Cones are about 20-25 yards apart.</li> <li>• Players are lined up behind each of the cones.</li> <li>• Players pass or roll ground balls to each other in a zig-zag or 'hourglass' pattern.</li> <li>• Players then follow their pass/loose ball to the next line.</li> </ul> <p><b>Purpose</b> – High repetition passing and ground ball drill with realistic angles.</p>
Modifications	<ul style="list-style-type: none"> <li>• All balls on the ground</li> <li>• All balls have to be passed</li> <li>• 'Ball down, ball-up' pattern</li> </ul>

