

Drill Name: GETTYSBURG PASSING

Stage of Activity	Train to Train, Train to Compete
Skills	Ball Handling, Passing, Catching
Equipment	Balls, One Stick per Player
Time	10 Minutes
Number of People	3+
How It Works	<ul style="list-style-type: none"> • Groups of 3 • Player A1 and A3 on the same line • Player A2 is 10 yards in front of them. • Player A1 starts with the ball and runs towards player A2 and passes to them. • Player A1 continues to run towards player A2 and runs around them • As this is happening, player A2 passes the ball to player A3, who then passes to player A1 who has just run around player A2. • Player A1 then passes quickly back to player A3. • Player A3 then passes to player A2, as player A1 is running around player A3. • Player A2 then passes to player A1 • This is done for 30 seconds <p><u>Purpose</u> – Quick passing and speed work</p>
Modifications	<ul style="list-style-type: none"> • Time can be increased once the skill has been mastered • Incorporate ground balls • Opposite directions, dominant vs non-dominant hand.

