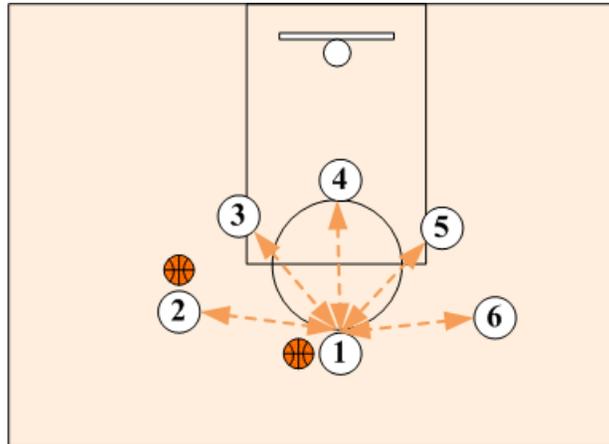


Passing: "Shot Gun" Drill

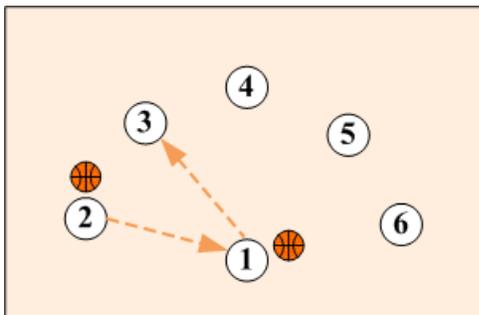
Drill Objectives:

- To practice and improve on chest passing skills.
- To learn the importance of peripheral vision and timing.
- To develop and improve upper arm and wrist strength.

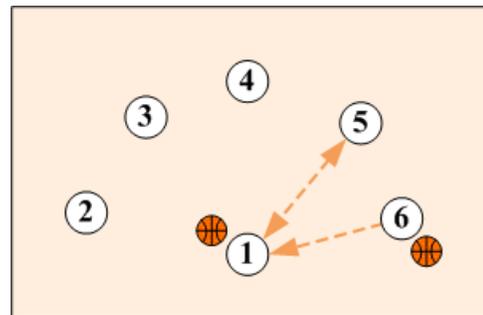
While the "Shot Gun" drill looks fairly simple, this two ball passing drill incorporating many aspects of successful passing including: proper chest passing, receiving, peripheral vision, timing, and upper arm & wrist strength. This drill requires teamwork along with quick accurate passing. Passers must time their passes so that two balls do not get to a receiver at the same time. All chest passes must be made on a line with backspin. Receivers must have their hands up ready to receive ball.



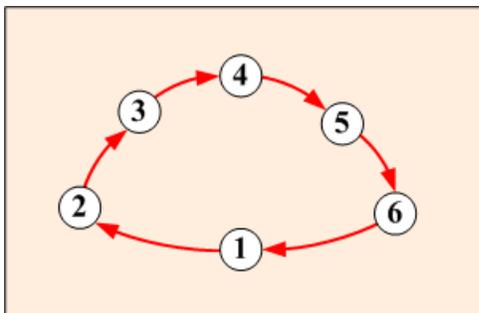
Players are aligned in a semi-circle with one player in the middle. Players are spaced out about 10-12 feet with players O2 and O6 just inside O1's peripheral vision.



The drill starts out with O1 passing to O3. At the same time O2 makes a pass out to O1. O1 then passes to O4 as O3 makes a return pass to O1.



Ball Reversal: O1 after making a pass to O6 and receiving a pass from O5, to reverse direction O1 makes a return pass back to O5. O1 after receiving the pass back from O6 then passes to O4.



Timing: Intervals can vary from 30 seconds to minute according to age and ability.

Rotation: Players rotate clockwise.

Variation 1: Once the drill is learned, O1 can mix up the order of passing and pass to anyone of the receivers. All receivers must then be alert to receive a pass at any time.

Variation 2: Incorporate bounce passes.

Caution: Make sure players take this drill seriously. Injuries can result when a player receives two balls at once.