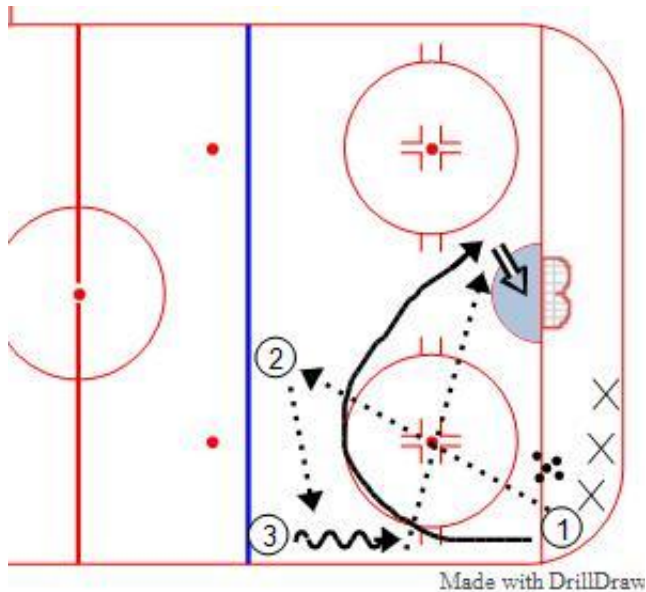


Flowing Pass & Replace

Category: Passing | Drill Level: Intermediate



Key Points

- Passing
- Pass Anticipation
- Driving the Net
- Rebounds

Description

Players line up in the corner.

1 passes to 2 and curls around the top of the circle to drive to the net

2 passes to 3

3 anticipates the pass, receives the pass from 2 and finds 1 for a pass. 3 then attacks net for a rebound.

After 1 takes the shot and plays a rebound, he/she replaces 2, 2 replaces 3, and 3 returns to line.

Notes

This drill should be continuous and be done at a high tempo.