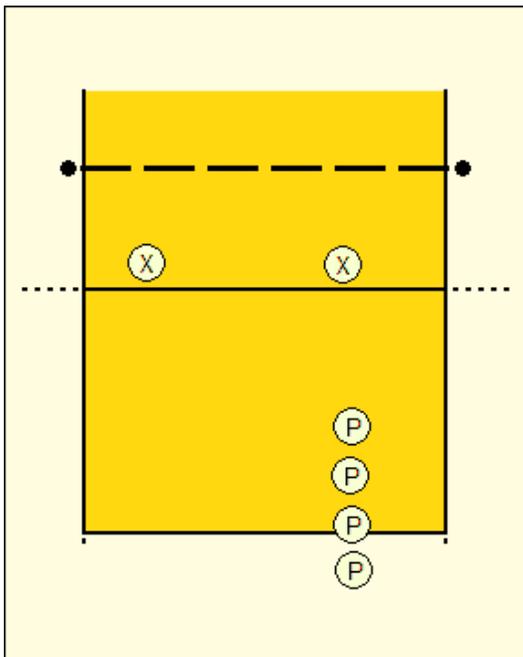




|                |   |
|----------------|---|
| <b>Drill</b>   | Pass and Move Drill                                       |
| <b>Purpose</b> | Working on passing while moving                           |
| <b>Notes</b>   | Focus on proper passing technique, and moving to the ball |

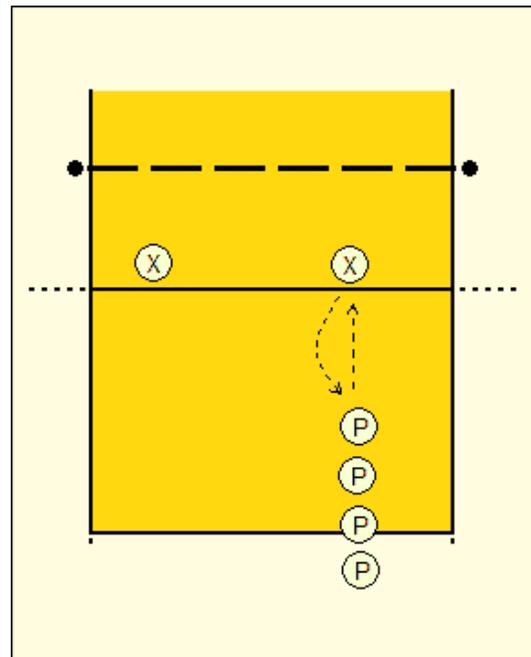
### Step 1



#### Starting Position

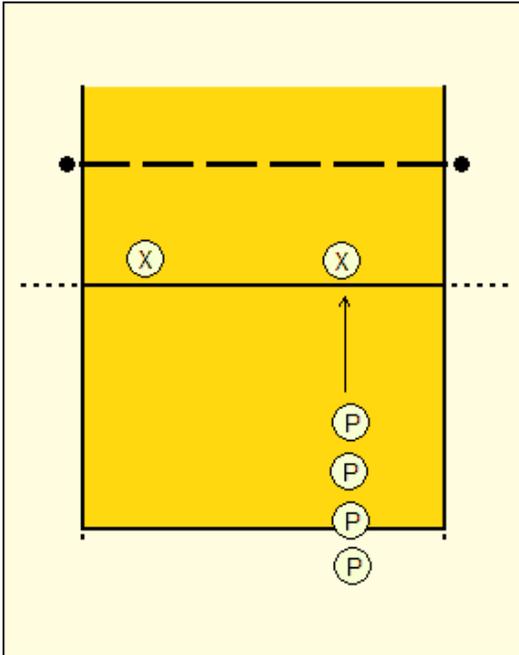
- Both tossers (x) each have a ball
- One line of players will form near the end of the court behind the first tosser

### Step 2



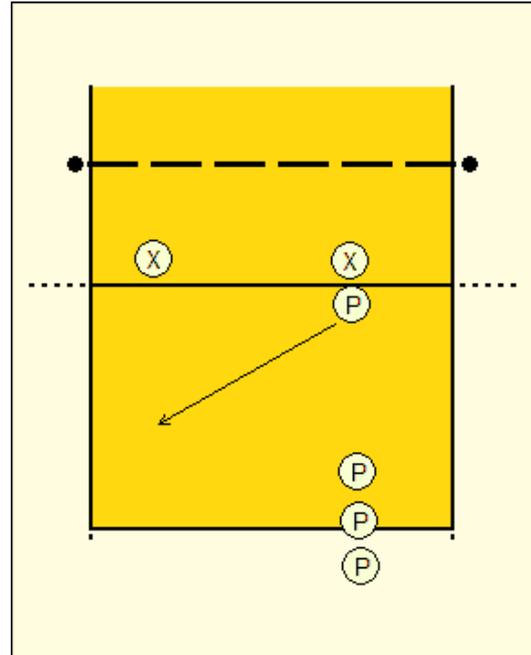
- The first tosser will toss the ball to the first player in line
- The player will pass the ball back to the first tosser

### Step 3



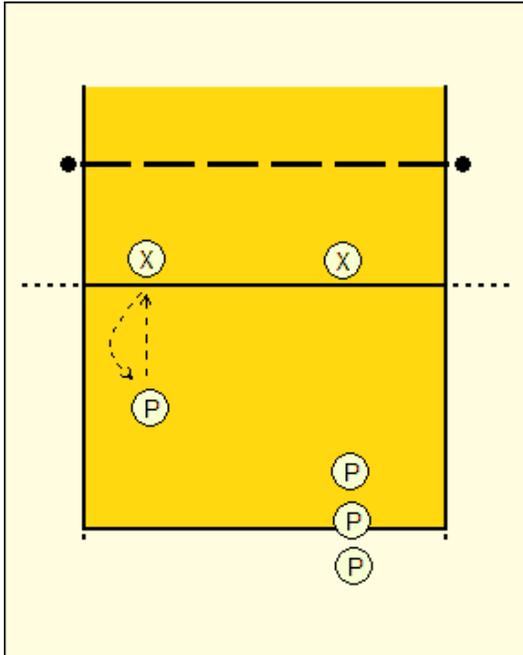
- After passing the ball, the player will run forward and touch the toes of the first tosser

### Step 4



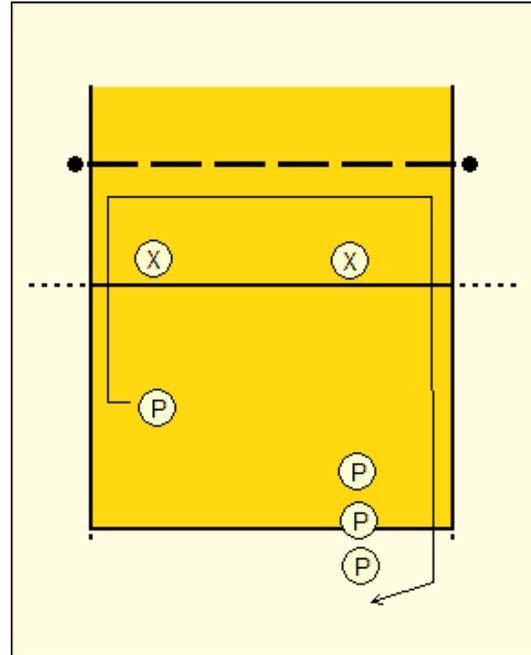
- After touching the toes of the first tosser, the player will retreat at an angle to line up in front of the second tosser

### Step 5



- The second tosser will now toss their ball
- The player will pass it back to the second tosser

### Step 6



- After passing, the player will now sprint forward towards the net
- Once at the net, the player will shuffle across the net
- The player will then sprint to the end line and get in line
- The drill will then start with the next person in line
- A variation of the drill would include the tossers hitting the ball at the passers