

3. Machine Gun Passing

Purpose:

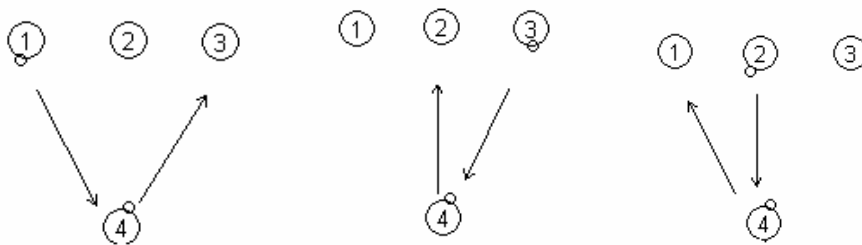
If you have players that have been dropping passes or if you just want to improve your passing and catching, this drill is perfect. It is great for improving hand-eye coordination (catching & passing).

Setup:

- * Form a line of 3 people next to each other about 4-5 feet apart.
- * Have a 4th player stand about 12 to 15 ft away facing the other 3 players.

Execution:

- * Player 4 starts out with a ball & Player 1 also has a ball
- * Player 4 passes the ball to Player 3
- * After Player 4 has released the ball, Player 1 passes the ball to Player 4.
- * Player 4 then passes the ball to Player 2, and simultaneously, Player 3 passes it to Player 4.
- * Then Player 4 passes the ball to Player 1. Simultaneously, Player 2 passes the ball to Player 4.
- * Then return to the position you were in step 1. Continue Repeating the Process.



Coaching Tips:

* You want to do this drill as quickly as possible. It really improves hand-eye coordination and the amount of time it takes a player to make a pass. Players really want to focus on doing quick SNAP- passes.