

# 1. Partner Passing

**Purpose:**

Basic drill that teaches the fundamentals of passing.

**Setup:**

Assign partners and spread them 5-10 feet apart with one ball, depending on their age and ability level.

**How it Works:**

The coach will demonstrate and instruct the players to use different types of passes.

Here are a few ideas:

- Chest Pass
- Bounce Pass
- Overhead Pass
- Pass Fake
- Step and Lead with Right Foot During Pass
- Step and Lead with Left Foot During Pass

**Coaching Points:**

- Step forward while passing. Practice stepping with both feet.
- Hands should be positioned toward the side of the ball with thumbs almost touching.
- Follow through with your arms toward your target.
- Watch the ball the whole way into your hands when catching.