**Hand passing Drill**

 A C E

 10m

 B F D

 10m 10m

* “A” moves towards and handpasses to player at “B”.
* “B” takes ball in the run and moves towards and passes to “C”.
* “C” goes to “D”, who goes to “E”, who goes to “F”, who goes to “A”

**Things to note and make players aware of:**

* Must not take the ball standing still
* Calling names is vital
* Side stepping and awareness of others crossing your path is necessary

**Progressions:**

* Start with one ball and increase by throwing in extras – how many depends and how capable the players are
* High throw for a catch
* Low ball to feet to force a pick up on the move

This is a short and sharp drill that is good for warm-ups.