



Four Corners Passing

Appropriate Age Group: 8-15

Skill(s) Practiced: Catching, Throwing, Moving off ball

Drill Duration: 5 minutes

Resources: 1 ball per group, Cones

Description: Three players will take a position around a four cone box. The player with the ball passes to an adjacent teammate. When that player moves the ball to the next teammate, the off-ball player must move to a new cone to keep adjacent help to the player with the ball.

Progression(s): Alternate top hands on the stick. Add a defender at each cone. Have players catch the ball and roll-back before passing.

Drill Diagram:

