INTRODUCTION

Pass is everything. The pass is a slower shot. If you cannot pass you cannot shoot. The pass demands perfect throwing technique.

7 Passing Rules

- Point Left Foot
- Left Leg Back
- Rotate Hips
- Left Hand Pull
- Vertical Back
- Elevate, Touch
The Vertical Passer is high out of the water and throws the good pass.
7 PASSING RULES

1. Point the left foot
2. Left hand pulls down
3. Rotate hips
4. Vertical back
5. Elevate
6. R. leg back, foot snaps-in
7. Touch on the ball
4. THE PERFECT PASS

7 PASSING RULES

1. Point the left foot
2. Left hand pulls down
3. Rotate hips
4. Vertical back
5. Elevate
6. R. leg back, foot snaps-in
7. Touch on the ball
4. THE PERFECT PASS

7 PASSING RULES

Underwater Rules

1. Point the left foot
2. Left hand pulls down
3. Rotate hips
6. Right leg back,
   Right foot snaps-in
4. THE PERFECT PASS

7 PASSING RULES

Above the Water Rules

4. Vertical back
5. Elevate
7. Touch on the ball
4. THE PERFECT PASS

The Accurate Pass

Passer’s left foot, left hand and shoulder point at the target.

Do not be square when passing or the ball goes wide.
4. THE PERFECT PASS

Elevate high out of water, release point 30” or 61 cm high. Low passer with 10” 25 cm release point throws ball away.
4. THE PERFECT PASS

Good passer has a strong leg kick, elevates, hand high. Bad & low passer has lazy legs with elbow in the water.
Vertical passer: High elevation = high pass.
Horizontal passer: Low release point = low pass.
4. THE PERFECT PASS

RIGHT FOOT PASSING

A right-to-left pass is a right foot pass.

Passing left-to-right is the left foot forward.

Right side of pool passing left: Right Foot
Left side of pool passing right: Left Foot
4. THE PERFECT PASS

RIGHT FOOT PASSING

Player passes across-the-body to the left from the right side with the right foot forward.
4. THE PERFECT PASS

RIGHT FOOT PASSING

2-on-1 Foot Mistake

Passer’s left foot forward. Body & right arm cannot rotate to the left. Right foot forward to assist rotation.

If right leg not forward, horrible lob pass over the head to the left side is thrown.
4. THE PERFECT PASS

BAD 2-on-1 PASS

The bad alley-oop over-the-head 2-on-1 counterattack pass from the left to right.

Never throw this pass!!!
4. THE PERFECT PASS

BAD 2-on-1 PASS

Cause: Left foot points at goal.

Cure: Turn & face catcher with left foot point.

OVER-THE-HEAD PASS
4. THE PERFECT PASS

RIGHT FOOT PASSING
Correct right-to-left pass points right foot at shooter. Then turns and passes with right foot forward.
4. THE PERFECT PASS

RIGHT FOOT 6-ON-5 PASSING

The 6-on-5 pass from the player above the right post US-5 (EU-2) to the player above the left post US-4 (EU-4) is a right foot pass.

5-passer fakes, right foot forward, kick down, turn, and face US-4. Throw a right foot pass.
4. THE PERFECT PASS

LEFT FOOT

RIGHT-TO-LEFT PASS
4. THE PERFECT PASS

Advanced Left Foot Right-to-Left Pass
4. THE PERFECT PASS

Advanced Left Foot Right-to-Left Pass
Passer on right side of pool uses a quicker pass technique—the Left foot technique.
4. THE PERFECT PASS

Left Foot Point

Sweep Left Hand

Repoint Left Foot
4. THE PERFECT PASS

Left
Sweep
Repoint

Passer moves the left foot from pointing at the goal to repointing at the catcher with left hand sweep.
4. PERFECT PASS

Left Sweep Repoint
4. THE PERFECT PASS

Women have excellent Left Foot Passing
THE LEGS ARE THE PASS
LEFT HAND IS ALSO THE PASS
NO LEGS, NO LEFT HAND
= NO PASS
4. PERFECT PASS DRILLS

PASSING DRILLS

Philosophy of passing: maintain perfect technique and concentration while making repetitive passes and off-balance passes. Such as 360-spins, right foot, left foot, horizontal and vertical passes and mobile passes.

Repeated ball drops:
A sign of weak legs and incorrect leg positioning and poor passing technique.
4. PERFECT PASS DRILLS

PASSING DRILLS

1. CONCENTRATION DRILLS
Pass for 50 passes without a drop.
Pass 50 times with perfect technique.

2. HIP DRILLS
Catch and spin the body 360-degrees.
Catch left handed, change hands.
4. PERFECT PASS DRILL DRILLS

PASSING DRILLS

3. HORIZONTAL TO VERTICAL DRILLS

Swim all over the pool in groups of 2 passing. Swim to wet pass, drop legs, move to vertical, rotate hips and pass.
4. PERFECT PASS DRILLS

PASSING DRILLS

4. 2-on-1 PASSING OVER GUARD DRILL

Line of 2 passers with guard in the middle. Pass over the guard without interception. It is a fun drill that is tiring.
4. PERFECT PASS DRILLS

PASSING DRILLS

5. RUDIC 4-SQUARE PASSING DRILL
Four players in small square make short passes to each other. Do not let players spread out. Short quick passes make great passers. A great drill.

6. VERTICAL LEAP DRILL
Throw the ball high, have player jump up & catch.
4. PERFECT PASS DRILLS

PASSING DRILLS

8. ACROSS THE FACE PASSING DRILL

Two players in a line, one faces north the other south. Pass is caught across the face. Right foot forward to catch ball. Right leg swings back to point the left shoulder.
4. PERFECT PASS DRILLS

PASSING DRILLS

9. 6-on-5 RIGHT FOOT PASSING DRILL

Two passers face the goal, cross pass from 4 to 5 (EU 4 to 2). Passer on right side fakes towards goal, right foot forward. Right foot snaps down, left hand sweeps water, body rotates to the left and the ball is passed.
4. PERFECT PASS DRILLS

PASSING DRILLS

10. 2-on-0 COUNTERATTACK PASSING
Players line up on each goal post on 7-meter line, ball on right. Right post driver stops on 4-meter line, right foot forward, rotates to left and passes ball to player on the left.

Reverse drill for across-the-face catch.
4. PERFECT PASS DRILLS

PASSING DRILLS

Left Foot Passing from Right-to-Left Drill

Player without the ball uses wide spaced left hand to sweep to the right to rotate the body to the left.

Player sees left foot point changed by left hand sweep.
4. PERFECT PASS DRILLS

PASSING DRILLS

Left Foot Passing from Right-to-Left Drill

After mastering concept, add a ball and partner.

Passer faces goal, turns, repoints left foot and passes.
THE LEGS ARE THE PASS

NO LEGS, NO PASS
A GOOD PASS

LEFT FOOT POINT
RIGHT LEG BACK
ROTATE HIPS
4. THE PERFECT PASS

SUMMARY

The Passing Game is the Game.

The game is lost by poor passes not poor shooting.

If the team cannot complete the pass, it cannot win.
4. THE PERFECT PASS

SUMMARY CONTINUED

The pass is a slower shot.

Poor passers make poor shooters.

Passer uses the left & right foot to pass.

8 elements that make up the pass, make up the shot.
THE PERFECT PASS

SUMMARY CONTINUED

The pass is a slower shot; the mechanics are the same.

The passer must master right and left foot passing.

Passer must be able to pass from the left side of the pool and the right side of the pool.
4. THE PASS Q & A

1. High elevation is created by the right arm.
   True
   False

2. Pass is more important than the shot.
   True
   False

3. The left foot points at the target.
   True
   False
4. THE PASS Q & A

4. A horizontal passer throws a bad pass.
   True
   False

5. Good passer has hard legs and a soft arm.
   True
   False
4. THE PASS Q & A

4. A horizontal passer throws a bad pass.
   True
   False

5. Good passer has hard legs and a soft arm.
   True
   False

6. Elevated passer has ball 30” 61 cm above the water
   True
   False
4. THE PASS Q & A

8. The counterattack 2-on-1 pass from right-to-left is a right foot forward pass.
   True
   False

9. The counterattack 2-on-1 pass from left-to-right is a left foot forward pass.
   True
   False
4. THE PASS Q & A

10. The counterattack 2-on-1 pass from right-to-left also can be a left foot forward pass.
   True
   False

11. The great passer is also a great shooter.
   True
   False
4. THE PASS Q & A

The answers to Science of Shooting PowerPoint Chapter 4 are below.

1F 2T 3T 4T 5T 6T 7T 8T 9T 10T 11T
END
CHAPTER
4