4. PERFECT PASS DRILLS
10 Drills 10 Slides

PASSING DRILLS

Philosophy of passing is to maintain perfect technique and concentration while making repetitive passes, 360 spins, off-balance and fight foot passes. Repeated ball drops is a sign of weak legs, poor technique and poor concentration.
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.
PERFECT PASS 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.
PASSING DRILLS

5. RUDIC 4-SQUARE PASSING DRILL

Four players in a small square make short passes to each other. The best drill. Do not let players spread. Short quick passes make great passers.

6. VERTICAL LEAP DRILL

Throw the ball high and have player jump up & catch.
4. PERFECT PASS DRILLS

PASSING DRILLS

7. OFF-BALANCE PASSING DRILL

Player drives to goal, calls for dry pass and the ball is passed behind the player to the opposite shoulder forcing the player to rotate way back to catch ball, remain balanced, spin and shoot.
8. ACROSS THE FACE PASSING DRILL

Two players in line, one faces north the other south. The pass is caught across the face. The right foot is forward to catch ball and swings back to point the left shoulder.
4. PERFECT PASS DRILLS

DRILLS

9. 6-on-5 RIGHT FOOT PASSING DRILL

Two passers face the goal and make a cross pass from the US 4 to 5 (EU 4 to 2). The passer on the right side fakes towards the goal with the right foot forward. Right foot snaps down, left hand sweeps water, rotates to left and passes.
4. PERFECT PASS DRILLS

10. 2-on-0 COUNTERATTACK PASSING

The players line up on each goal post on the 7-meter line. The ball is on the right post. The right post driver stops on 4-meter line, right foot forward, rotates to left and passes the ball. Reverse and start the ball on the left side, pass, right foot across the face catch.
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 the game.
SUMMARY CONTINUED

The pass is a slower shot.

Poor passers make poor shooters.

The passer uses left & right foot passing.

The 8 elements that make up the pass also make up the shot.