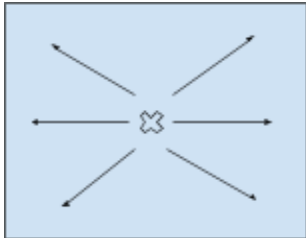


# Passing and Ball Control Training

## Personal Workout:

Focus	Cues	Drill
Platform	<p>Straight and Simple Wrist and Hands Early Angles</p>	<p><u>Juggling</u> Pass, Pass Low/Pass High, Pass/Set, Right Arm/Left Arm, Right/Right/Left/Left, Right/Left/Pass, Right/Left/Set, Right/Left/Pass/Set,</p> <p><u>Wall Work (try to keep the ball going as you progress through the exercises) :</u> Two Knees- Midline Right Knee Up- Angle Left Knee Up- Angle Medium Posture: Midline Left Foot in front: drop left shoulder Right Foot in front: drop right shoulder</p> <p>High/Low Passing (targets on the wall) Switch Feet, Angle Passing Right Arm/Left Arm Left/Right/Pass Right/Left/Pass</p>
Footwork	<p>Medium Posture Weight on the Balls of Your Feet Step, Shuffle, Shuffle Head Level</p>	<p><u>Lateral Movement:</u> Step, Shuffle, Shuffle: Side to Side Rhythm Shuffle Quick Shuffle</p> <p><u>Box Movement:</u> Shuffle: Both feet, both directions around the box</p> <p><u>Star Drill:</u> Start in the middle Shuffle left, shuffle deep left, shuffle deep right, shuffle right, shuffle short right, shuffle short left ***always return to the middle after your directional shuffle</p> 

## Partner Workout:

Focus	Cues	Drill
<p>Platform + Footwork (putting it all together)</p>	<p>Straight and Simple Shoulders Forward Early Angles Head Level Hold Your Finish</p>	<p><u>Ins/Outs</u> Shuffle in, pass midline x10 Shuffle out, angle pass x10 *Switch Sides</p> <p><u>Short/Deep</u> Short Pass, Drop step &amp; shuffle (angle pass) *Alternate opening up both ways on the deep pass</p> <p><u>Star Drill: Add Ball</u> Use the same star pattern as above, but add a volleyball. Pass at every point of the star, working your angles.</p> <p><u>Partner Passing Progression</u> Pass, Pass to Self/Angle, Pass to Self/Back Pass, Pass to Self/Back Pass, Pass to Self/Set, Pass to Self/Side Set, Pass to Self/Backset, Set to Self/Set</p> <p><u>Serve + Pass to target + Catch</u> Simulate real serve receive minus the net. *Stay level, hold your angle</p>