

SHUTTLE PASSING

① SETUP

- Players are divided into groups of 3.
- Player with ball takes 3-4 running strides, passes to player in opposite line and joins the back of that line.
- Repeat.
- Work on forehand and backhand passing, sweep ball.

Players should take pride in making good passes and being a good receiver. Players must receive pass on forehand or backhand. Position feet and hands correctly...put onus on the passer.

ADVANCED/GAME

After several reps, have players call out the name of the player to whom they are passing. First team to 10 Shuttle Passes wins.

PASSING TECHNIQUE

- Player carries ball on the forehand or backhand side of the body while running forward, keeping ball on heel to middle of blade.
- Sweep the ball toward partner, using the push/pull action with the hands and a low follow through, pointing stick at target.
- Transfer weight from back leg to front leg as the ball is swept.

RECEIVING TECHNIQUE

- Receiver presents a full target with the stick blade.
- Reduce grip tension of bottom hand to cushion the ball with a short catch using the hands and wrists.
- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free and away from the body, rotate upper body.

Backhand-use same technique.



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