



**Drill Name:** Numbers Up and Numbers Down Passing Activity

**Set up :**

Set up 2 grids same size with multiple balls.

**Instructions:**

Organize the players into 2 teams. Teams start out in their own half of the grid and whichever team is given possession only 3 players can cross over to win the ball. Once the ball is won players pass ball back over grid to their teammates and keep possession as the other team now send their 3 to win back. Important that players change going over each time a transition takes place.

**Coaching Points:**

Body Mechanics, Balance, Weight of pass, Accuracy, Disguise, Vision, Tactical application to the game as in selection of pass and timing of pass.