



The Punch Pass.
Load with bent elbow.
Point and punch!
20 reps each hand



Developing Spin.
Squeeze ball to apply pressure. Rotate to apply spin – Avoid reversing the swing off weaker hand”

Cornerstone Skills – Catch Pass

2 min Passing Challenge
Give it a go!

1. 3m from wall, feet-together (shoulder width apart)
2. 5m from wall, feet-together (shoulder width apart)
3. 3m from wall, split stance (leg closest to the wall forward)
4. 5m from wall, split stance (leg closest to the wall forward)
5. 3m from wall, split stance (leg furthest from the wall forward)
6. 5m from wall, split stance (leg furthest from the wall forward)

Swap sides after each pass
(10 passes each side)

All passes to start in a loaded position, ball sitting just above hip height, elbow bent with bicep over the ball. The passing action starts by turning the shoulders slightly towards the target. The back hand (Power Hand) then delivers the power and rotates over the ball, whilst the front hand (Guide Hand) rotates the opposite way. Upper body should twist so chest ends up facing the target, with both hands either crossing or pointing.