

# DRILL GRIP AND MOTION



## SKILL

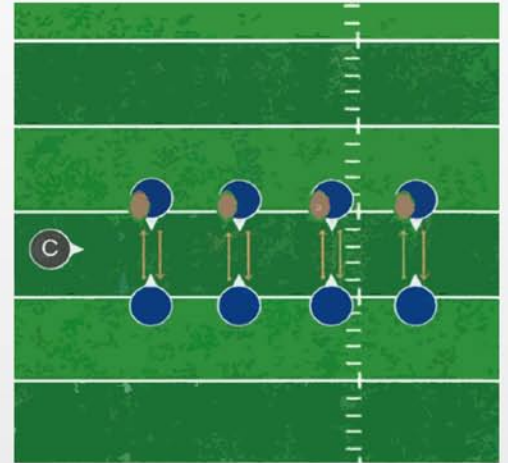
PASSING

## EQUIPMENT

FOOTBALLS

## OBJECTIVE OF THE DRILL

TO TEACH PLAYERS HOW TO PROPERLY GRIP AND PASS THE FOOTBALL



## SETUP AND EXECUTION

1. BREAK PARTICIPANTS INTO TWO LINES SPACED AND ARM'S LENGTH APART
2. PARTICIPANTS FACE EACH OTHER IN A LINE FIVE YARDS APART
3. PASS FOOTBALLS OUT TO ONE LINE
4. PARTICIPANTS WILL BEGIN THROWING THE FOOTBALL BACK FORTH TO THEIR PARTNERS
5. AFTER PARTICIPANTS COMPLETE THREE SUCCESSFUL THROWS AND CATCHES, PLAYERS CAN TAKE A STEP BACK
6. CONTINUE PASSING BACK AND FORTH

## COACHING POINTS

- 1. GRIP**
  - a. Index finger near tip of the ball across the seam.
  - b. Middle and ring finger across the laces with fingertips on the surface on the ball
  - c. Pinky rests at the laces
  - d. Thumb should be on panel below
  - e. The non-passing hand should rest lightly on the underside of the football
- 2. THROWING**
  - a. Set: Plant feet under hips
  - b. Step: Foot opposite the passing hand pointed and target
  - c. Delivery: Transfer weight using hip rotation square to the target
  - d. Release: Snap wrist, arm extended at the target
  - e. Finish: Arm should "rip" across the body diagonally, palm and thumb of the throwing hand facing downward