

# PASSING / RECEIVING

## Window Drills



Window drills are a particular type of exercise that is well suited for various passing and receiving exercises. The term "window" applies to the open spacing between the cones that served as the "window" where the server stands. The setup is simple, a large circle of cones with half the players inside the cones and half outside the circle. The players on the outside of the circle serve the balls to a player on the inside. Those players on the interior of the circle must perform some specific activity and then return the ball to the server (or to a different player other than the one who just served the ball to him) on the outside of the circle.

These are very active exercises. The drills should last about two minutes each and then the players on the outside would swap with the players on the interior of the circle and perform the same activity. This allows the players to rest while they are serving the balls so that they can perform at peak fitness when it is their turn to be inside the circle.

Windows drills can easily be adapted to any age group and are suitable to almost all ball skills. The size of the circle depends upon the number of players involved, ages, and the type of activity performed as well as the players' proficiency.

The drills usually start with each of the players on the exterior with a ball. For example, players outside would toss a ball to a player inside the circle who would head it back. The interior player would then move and look for another outside (of the circle) player to toss them a ball. They are continuous movement exercises with the interior players always looking for the next ball.

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### **Possible Variations (These are just a few):**

- Defensive Headers - clearing headers - up and away
- Attacking Headers - down at servers' feet
- Back Pass – Server passes a ball on the ground that the receiver one-touches back to the same server
- Receive and Turn – Server passes the ball on the ground and the receiver makes first touch away from pressure and then finds another open server (one without a ball" on the outside of the circle) but not the one that originally played them the ball
- Chest or Thigh Traps – then play back to a different server
- Inside of foot volley back to server - often used on throw-ins to drop ball back to thrower - You can have the server use throw-in technique to serve the ball. This will require a larger circle.
- Volleys on laces back to server - use proper shooting technique

### **Coaching Points:**

- Keep head up - the number of bodies inside the circle requires the players keep their heads up to avoid collision and, in some cases, to be sure that they are returning the ball to a player who does not already have a ball.
- Constant motion
- Good Technique - sloppy technique means that the balls go in wrong directions and the servers spend too much time chasing balls. Since every player is supposed to bring their own ball there should be twice as many balls as needed. Have servers put the extra ball behind them so that they can use it rather than chase an errant pass.
- Proper weight on passes – no “hospital” balls, make sure the servers and returns are what would happen in a game
- Proper distance - passes should be at least five yards - preferably more like ten yards as you would want in games.
- Good serves from servers - serves for headers should be underhand at proper height and speed, etc.
- Receivers Move Toward the Pass – don’t wait on the pass to come to them
- Eye Contact – server and receiver should make eye contact so balls are not played to players who are not ready