**Drill**
Pass and Move Drill

**Purpose**
Working on passing while moving

**Notes**
Focus on proper passing technique, and moving to the ball

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**Step 1**

Starting Position
- Both tossers (x) each have a ball
- One line of players will form near the end of the court behind the first tosser

**Step 2**

- The first tosser will toss the ball to the first player in line
- The player will pass the ball back to the first tosser
Step 3

- After passing the ball, the player will run forward and touch the toes of the first tosser

Step 4

- After touching the toes of the first tosser, the player will retreat at an angle to line up in front of the second tosser
Step 5

- The second tosser will now toss their ball
- The player will pass it back to the second tosser

Step 6

- After passing, the player will now sprint forward towards the net
- Once at the net, the player will shuffle across the net
- The player will then sprint to the end line and get in line
- The drill will then start with the next person in line
- A variation of the drill would include the tossers hitting the ball at the passers