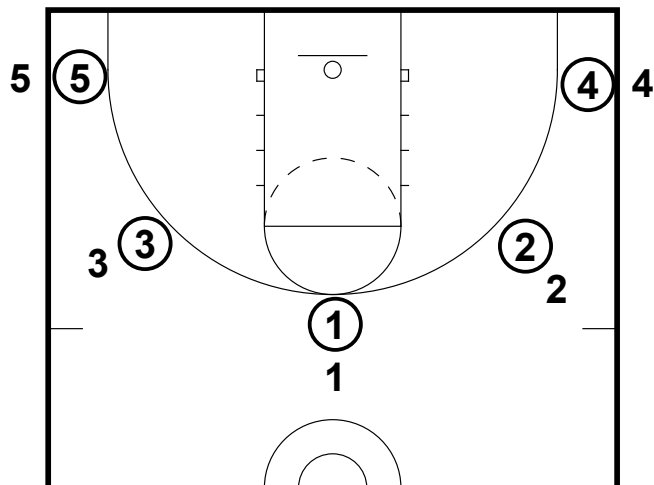


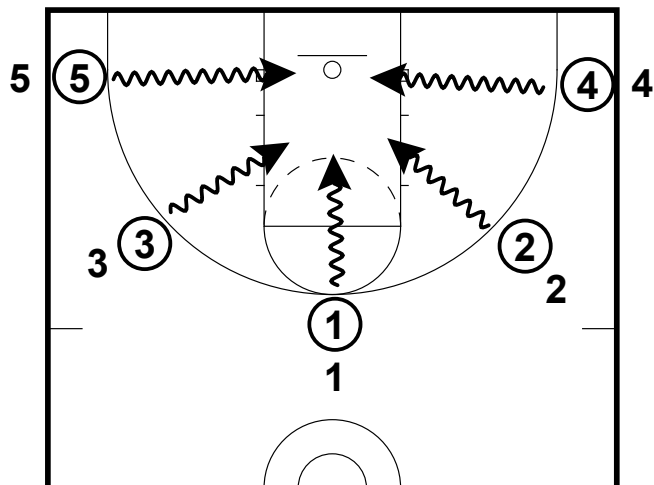
5 Spot Passing Drill

Frame 1



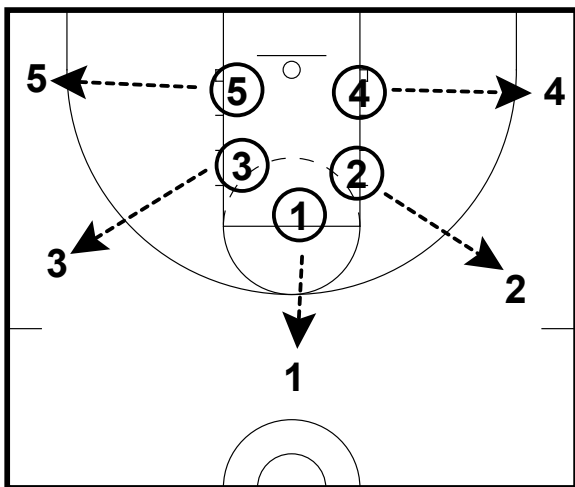
At least two people need to be in the 5 OUT spots. The first person in each line has the ball.

Frame 2



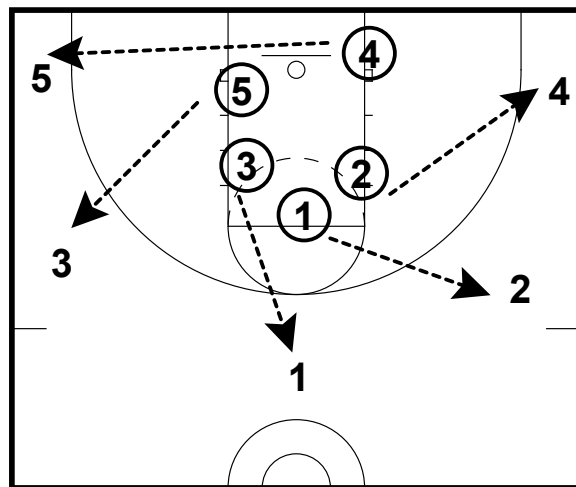
On the signal, everyone attacks the lane then jumpstops when they get in the lane.

Frame 3



Everyone will jump stop, pivot and pass back to the stop they came from (**Safety Valve**). After the pass, move one spot to the right.

Frame 4



Everyone will jump stop, pivot and pass to the line one spot to the right (**Natural Pitch**). After the pass, move one spot to the right.

Note - Technically this is not a true natural pitch. But I think it still does a good job of working on the penetrate and pitch skill.