



Hula Hoop Passing

Appropriate Age Group: 6-10

Skill(s) Practiced: Catching, Throwing, Movement

Drill Duration: 5 minutes

Resources: 1 ball per pair of players, parent volunteers, hula hoops

Description: Divide team up into 2 teams and partner the players. Parents will walk around the field carrying a hula hoop that the players must throw the through to a partner in the opposite team.

Progression(s): Switch top hand on the stick. Count catches and try to beat it.

Drill Diagram:

