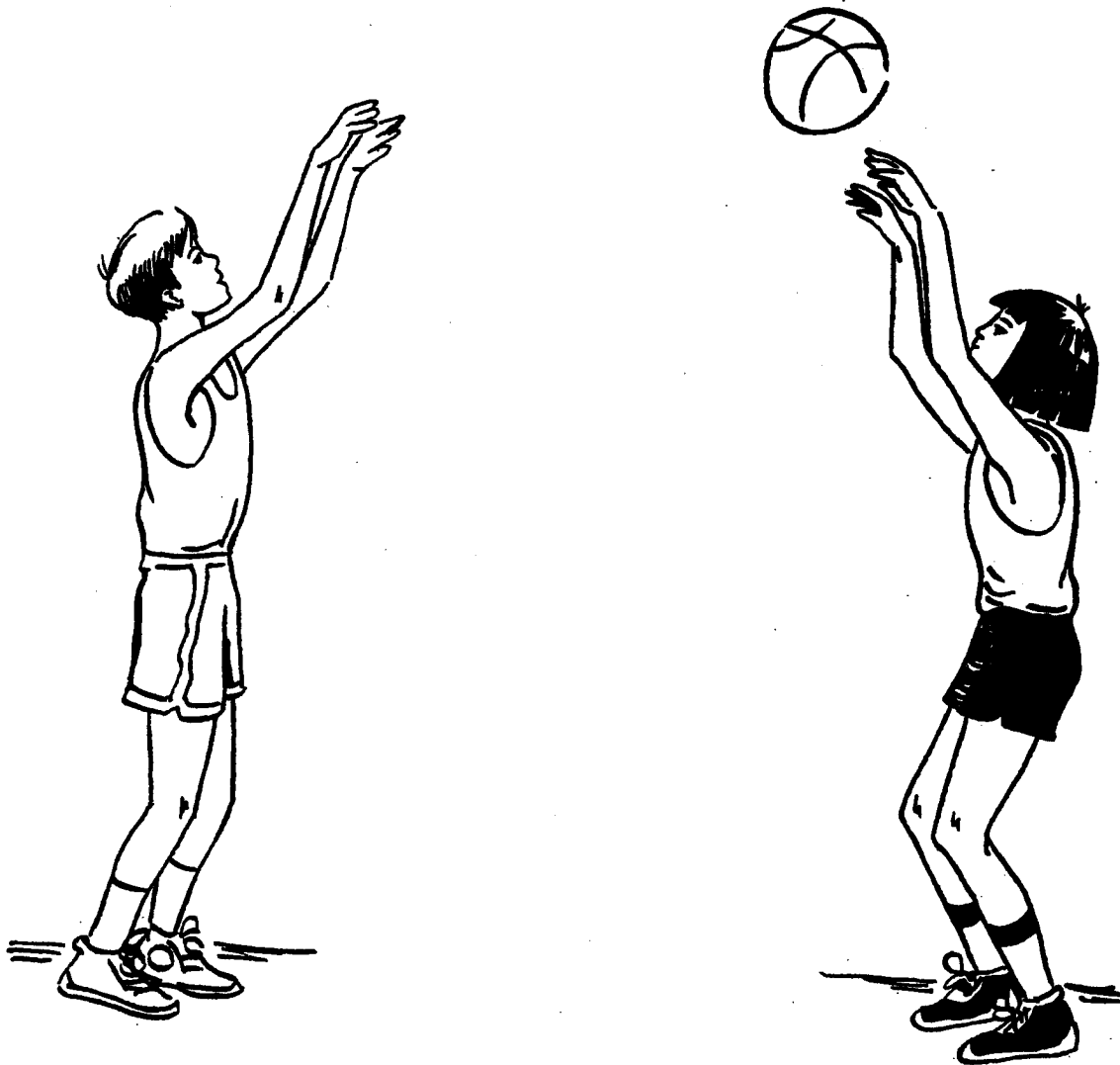


## Overhead Pass



- \* arms are raised straight above head
- \* ball held in both hands with fingers spread and pointing upwards
- \* elbows bent to take ball back
- \* player steps forward and snaps the ball forward over head - strong wrist action
- \* follow through over front foot

DO NOT TAKE THE BALL BEHIND YOUR HEAD AS IN A FOOTBALL THROW-IN AS THE OPPOSITION MAY TAKE THE BALL FROM BEHIND AND THE PASSING ACTION IS SLOWER.