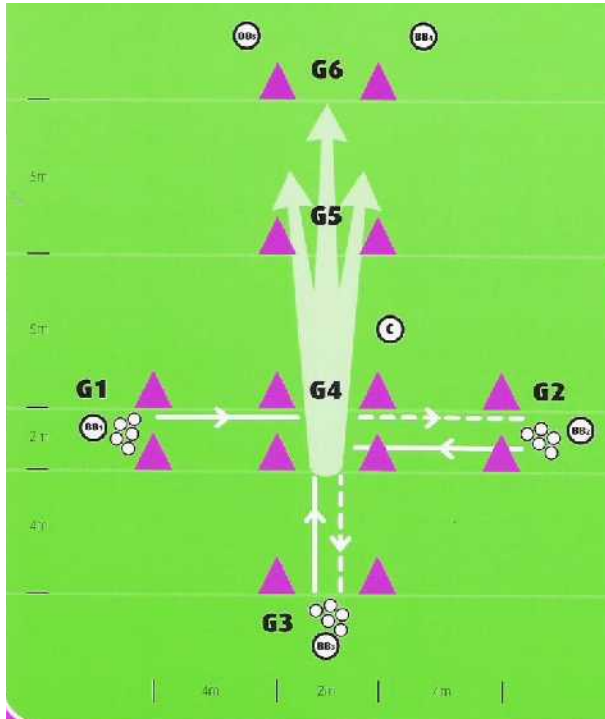




## Passing Stix Award

**What you need**

- Sticks for players completing the test
- 15 balls, 5 on each G1, G2, G3
- 19 cones
- 5 Ball Boys
- 1 Coach/scorekeeper
- 1 Clipboard & 1 pencil/pen



**Stix Awards – National Standards**

Skill 1	Points Required
Gold	24pts or more
Silver	18-23pts
Bronze	12-22pts
Cub	Below 12pts

**Test one – Passing (one minute)**

Player collects a ball from G1 and runs with the ball (dribbles) to the crossroads at G4 before passing the ball down the passing lane towards G6 using the right to left (open stick) pass.

Player then proceeds to G2 to collect a ball and dribble back to the crossroads before passing towards G6 using the left to right (reverse stick) pass.

Player then proceeds to G3 to collect a ball and dribble back to the crossroads before passing toward G6 using the straight-ahead pass.

Player returns to G1 and repeats the sequence until time runs out.

**Points**

- All passes must go through G4 to score.
- 2 points – For each pass that goes through G5 and G6.
- 1 point – For each pass that gets through G5 but does not go through G6.
- 1 point – For each pass which hits cones at G5 and G6.
- 0 points – For each pass that does not go through G5.
- 0 points – For incorrect footwork at any of the attempts (see guidance notes).

**Guidance Notes**

This exercise is designed to test the ability of a player to pass the ball on the move:

- From right to left across the body (open stick pass),
- From left to right across the body (reverse stick pass),
- Straight-ahead of the body

- The open stick pass should be achieved with the body weight on the left (leading) leg when passing. The ball should be passed across the body from the right for greater accuracy.
- For the reverse stick pass, the player should dribble with the ball in the normal position to the right of the body, and then transfer the ball to the left of the body to prepare for the pass. The ball should be passed across the body from the left, using the toe of the stick (not the shaft), and with body weight transferring onto the right (leading) leg.
- To execute the straight-ahead pass correctly the ball should be 'dragged' forward from slightly behind the body and with body weight ending on the right (leading) leg when passing.