



PASSING RINGS

— ALIGN. TRAIN. IMPROVE. —

BETTER PLATFORM. BETTER PASS.

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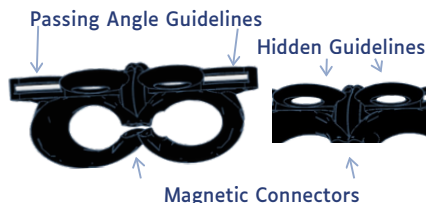


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WHAT THESE RINGS DO

These Passing Rings are a volleyball training tool designed to help athletes develop better passing form, platform consistency, and overall body awareness during practice.



How to Use the Passing Rings:

1. **Bring Thumbs Together** with magnetic connectors
2. **Push Thumbs Down** while utilizing hidden guidelines
3. **Watch your Angle** while using your platform angle guidelines

When used correctly, they help guide proper technique by:

- Using magnets to **Bring Thumbs Together** to help assist in establishing a strong, connected passing platform
- Using hidden guide cues on the passing rings to encourage **Pushing Thumbs Down**, which helps to straighten your platform for better control
- By pushing your thumbs down, this **Assists in Keeping Your Platform Extended** for improved consistency through the pass
- This also provides magnetic connection stimulus to **Help Hold Platform Longer** by keeping the rings connected as long as you can through the pass
- By retaining these technical skills, this makes it easier to **Extend Your Platform Away from the Body** for better positioning and reach
- The Rings also provides visible guidelines to **Show Your Passing Angles** to help players set a more accurate platform angle

Important Note:

These rings are a guideline training tool. They are designed to support and reinforce proper technique, but they will not force perfect form on their own. Proper passing still depends on coaching, repetition, and athlete awareness.

WARNING / CARE INSTRUCTIONS

- Keep out of high heat (do not leave in hot cars, direct sunlight for long periods, or near heaters). Excess heat may cause warping or deformation.
- Do not stretch or force beyond normal use. Rings are designed for training, not heavy pulling or resistance use.
- Inspect before each use. If you notice cracks, splits, or damage, discontinue use immediately.
- Not a toy. Adult supervision recommended for younger athletes.
- Keep away from sharp objects that may cut or damage the material.
- Clean with mild soap and water only. Do not use harsh chemicals or solvents.
- Store in a cool, dry place when not in use.

HOW TO WEAR THE RINGS

Place one ring on each thumb with the guidelines facing toward you. Bring your hands together and form your normal passing platform. As your thumbs come together, the magnets will connect to help reinforce proper platform positioning. During passing movements, the magnets may naturally separate and reconnect as your platform adjusts. This is normal and allows the rings to **guide** proper technique while still permitting natural arm and platform movement. The rings are designed to provide feedback, build body awareness, and reinforce good passing habits during training.

To disconnect the rings, simply separate your thumbs (and the rings) from one another. The magnets are designed to release easily during normal use.

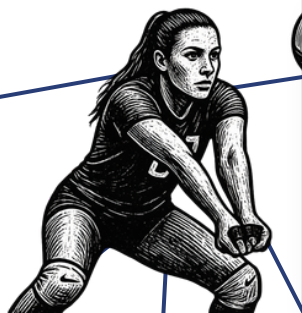
HOW TO PASS PROPERLY WITH THE RINGS

1. GET IN ATHLETIC POSITION

Stay balanced, knees bent, ready to move your feet. Arms and hands in ready stance.

2. CREATE A STRONG PLATFORM

Place the back of one hand into the palm of the other, then bring your thumbs together so the magnets connect. Lock your arms straight with elbows extended and wrists firm to form one solid surface. The Passing Rings help reinforce this connection and keep your thumbs aligned, creating a more stable and consistent platform for passing.



3. PUSH THUMBS DOWN

Once thumbs are together, then angle both thumbs slightly downward to improve control. This pulling of the thumbs downward helps straighten your arms into a solid platform for passing. Each ring has a hidden guideline in towards the middle. Use the hidden ring guides as a visual cue as you can only see them when you are pushing your thumbs downward.



4. MOVE & ANGLE TO TARGET

Get behind the ball and aim your platform toward your target by dropping your inside shoulder to create an angle. Use the the ring guidelines on the outside portion of each ring to help get a visual of your passing angle as you pass. This will assist in determining if you are angling too much or too little as you pass.

5. STAY LOCKED THROUGH CONTACT

Use your legs for control and keep your platform steady through the pass. The rings' magnetic lock helps reinforce holding your platform as you pass.

DRILLS WITH PASSING RINGS

DRILL 1

Platform Freeze Drill

Start in a ready stance with knees bent and eyes forward. On a coach's count, quickly bring hands together into a perfect passing platform using the rings—thumbs connected, thumbs slightly down, arms locked straight. Hold the platform still for 3–5 seconds. After mastering center position, repeat by angling your platform slightly left and then slightly right while maintaining the proper angles and the same locked, connected feel.

DRILL 2

Self Toss & Platform Set

The athlete tosses the ball slightly in front of their body and moves into position. As they track the ball, they use the rings to quickly form a strong platform with thumbs connected and down. Focus on freezing the platform on contact position without actually hitting the ball, building control and consistency.

DRILL 3

Partner Soft Toss Passing

A partner gently tosses the ball to the passer's midline. The athlete forms their platform using the rings and passes the ball back with controlled leg drive. Focus is on keeping thumbs connected and maintaining a locked platform through each pass.

DRILL 4

Angle Target Passing (Left/Right)

A partner tosses the ball slightly left or right. The passer must move their feet, form their platform, and angle the rings toward a designated target before passing. Emphasis is on adjusting platform angle while keeping thumbs connected and stable.

DRILL 5

Quick Reaction Toss Drill

A partner randomly tosses balls to different locations. The passer reacts quickly, moves their feet, and forms the platform using the rings under pressure. The goal is fast connection of thumbs and immediate platform stability.

DRILL 6

Moving Target Passing

A partner moves side to side while tossing the ball. The passer must shuffle, square up, and form a stable platform using the rings before each pass. Focus on maintaining balance and platform control while in motion.

For **FREE** Video Drills and Instructions to help with your passing:
Go to volleyballtools.com/passingrings.html

