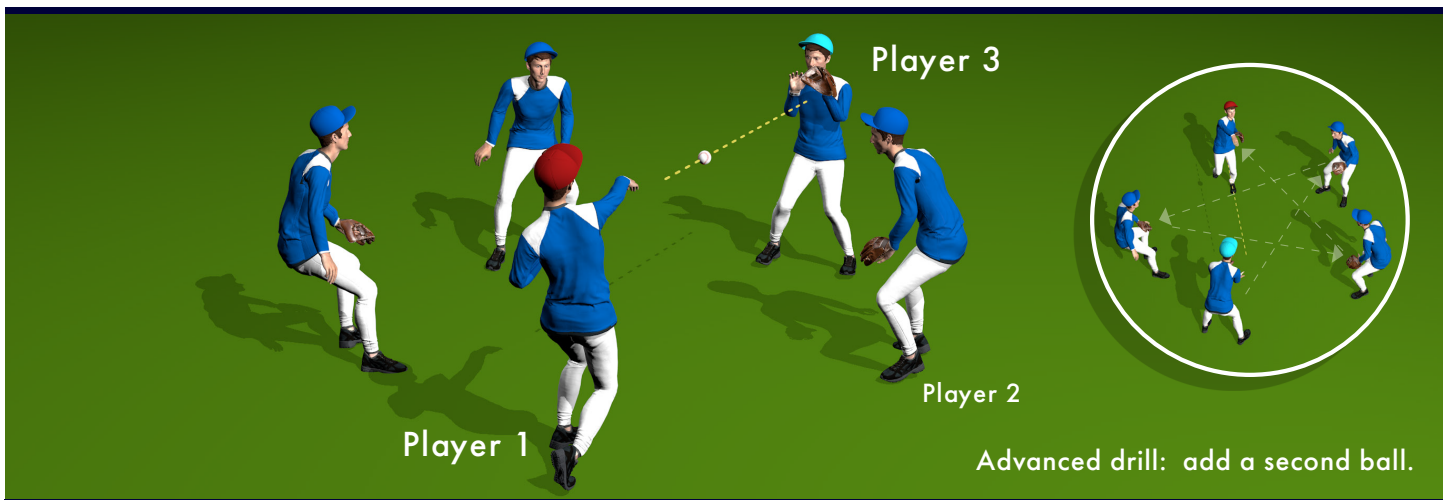


Drill #1 Star Quick Hands

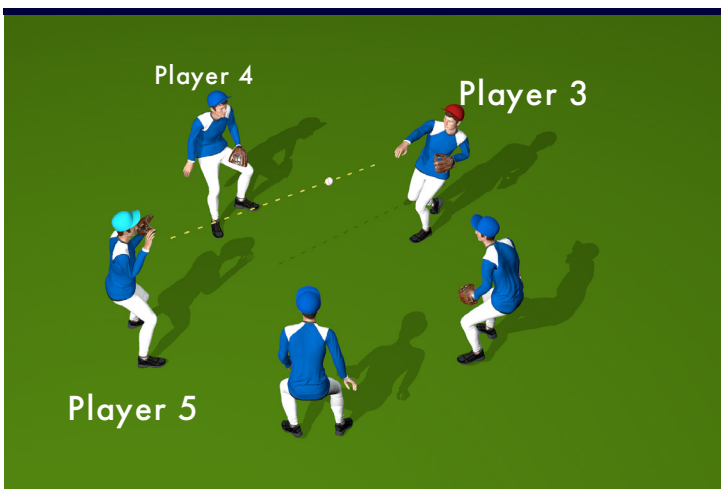
Target Skill: Hand Mechanics



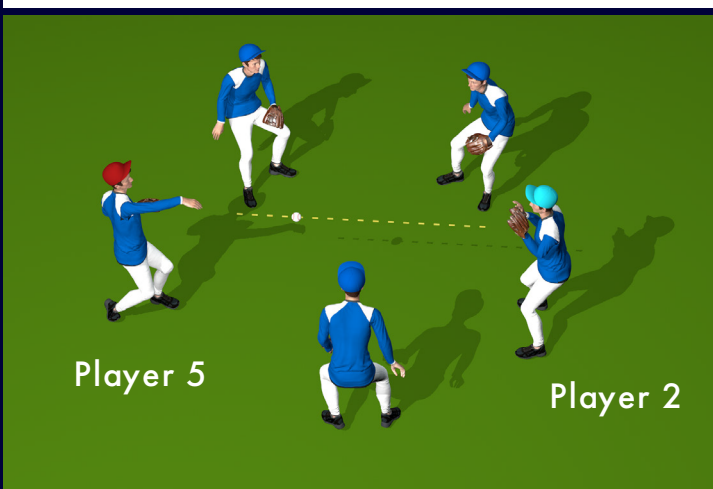
Step 1. Place 5 players in a circle. Start by player 1 passing to player 3. Skipping the neighboring player on the right.



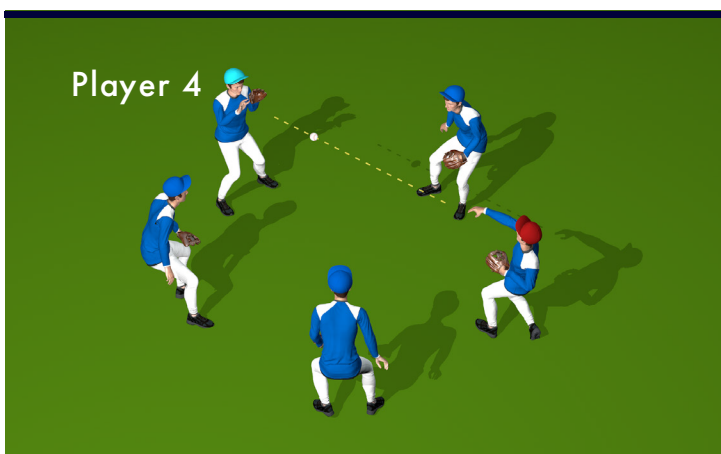
Step 2. Player 3 throws to player 5.



Step 3. Player 5 throws to player 2.



Step 4. Player 2 throws to player 4.



Step 5. Player 4 throws to player 1.

