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.

ADVANCED DRILL: ADD A SECOND BALL.

TARGET SKILL: HAND MECHANICS