



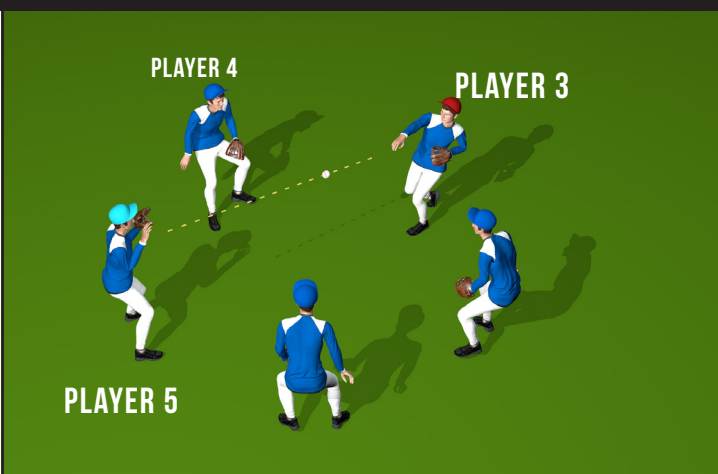
DRILL #1 STAR QUICK HANDS

TARGET SKILL: HAND MECHANICS

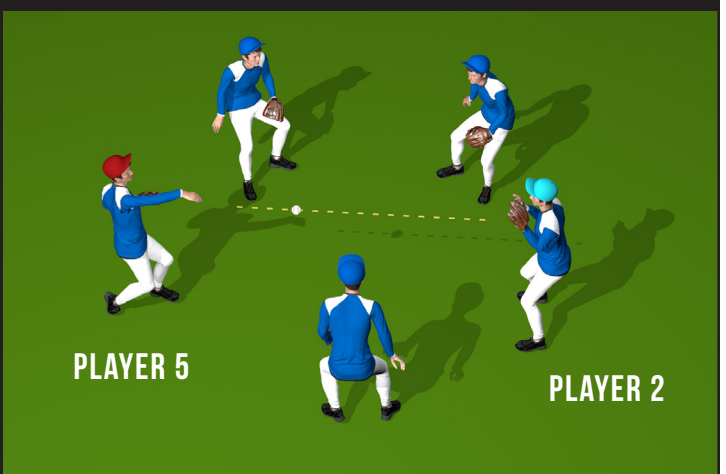
STEP 1. PLACE 5 PLAYERS IN A CIRCLE. START BY PLAYER 1 PASSING TO PLAYER 3. SKIPPING THE NEIGHBORING PLAYER ON THE RIGHT.



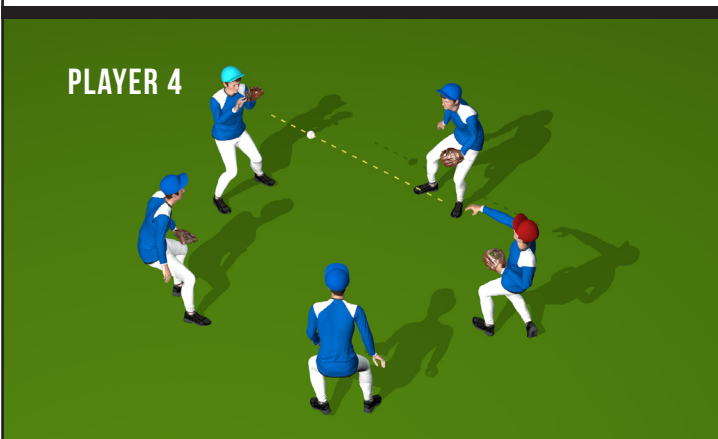
STEP 2. PLAYER 3 THROWS TO PLAYER 5.



STEP 3. PLAYER 5 THROWS TO PLAYER 2.



STEP 4. PLAYER 2 THROWS TO PLAYER 4.



STEP 5. PLAYER 4 THROWS TO PLAYER 1.

