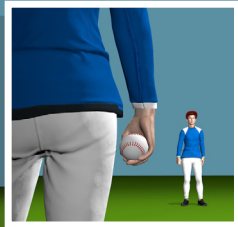




DRILL #5 SAME SIDE TOSS

TARGET SKILL: HANDS/EYE COORDINATION

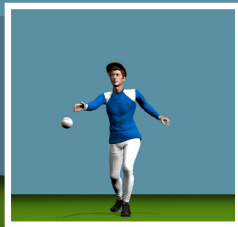
STEP 1. TWO PLAYERS STAND FACING EACH OTHER ABOUT 5-10 FEET APART.



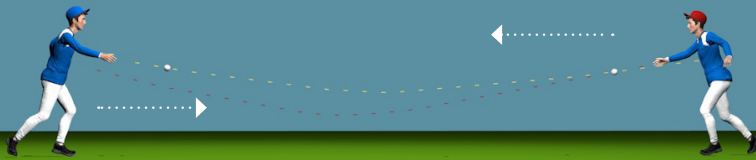
EACH PLAYER HAS A BALL IN THEIR RIGHT HAND



STEP 2. BOTH PLAYERS TOSSES THE BALL AT THE SAME TIME TO EACH OTHER.



PLAYER STEPS INTO THE TOSS



STEP 3. THE BALL IS RECEIVED ON THE LEFT HAND AND GETS TOSSED TO THE RIGHT HAND.



STEP 4. THE TOSS IS RETURNED BACK.

