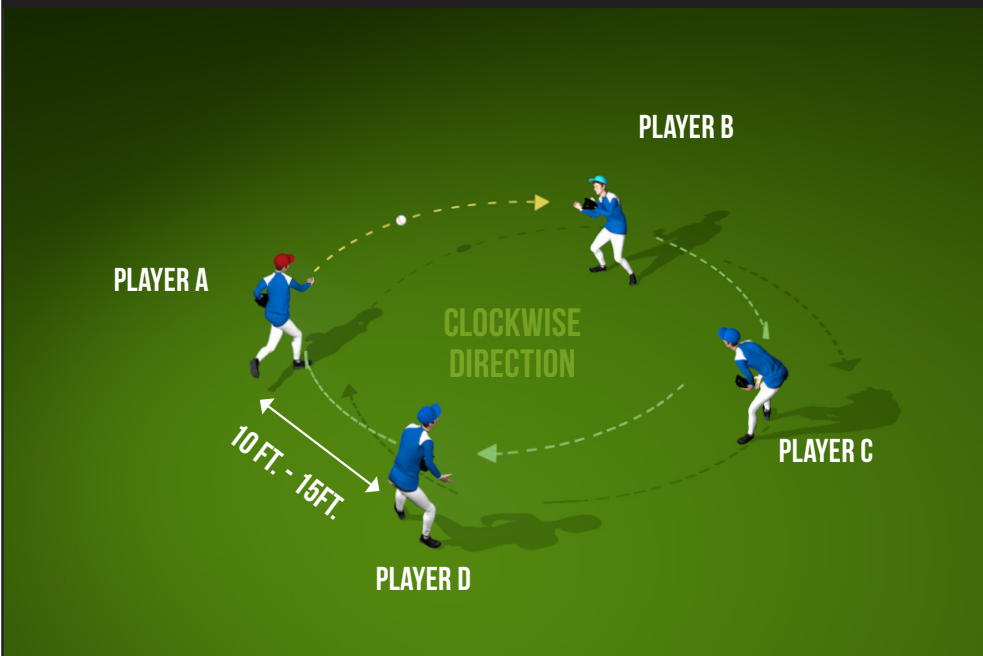




DRILL #4 SQUARE DRILL

TARGET SKILL: SOFT HANDS

STEP 1. SET-UP A SQUARE WITH PLAYERS 10-15 FEET APART



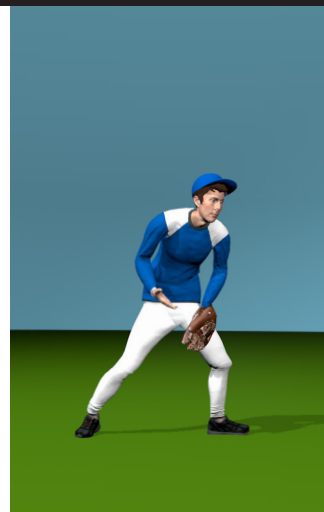
PLAYER A
PASSES TO
PLAYER B
AND
CONTINUES IN



STEP 2. PLAYERS MAKE AN UNDERHAND TOSS, LOCKING THE ELBOW, MOVING THEIR FEET, AND MAKING A TOSS TO THE TARGET OF THE PARTNERS ON THEIR LEFT.

THE CATCHER, STAYS IN
A GOOD LOW STANCE.

MOVING THE BALL
TO THE LEFT.



STEP 3. AS THE BALL CONTINUES AROUND THE SQUARE, EACH PLAYER SHOULD MOVE THE BALL AS QUICKLY AS POSSIBLE. TIME THE DRILL FOR COMPETITION BETWEEN GROUPS.