

Four Corner Loose Ball Exchange

Drill Specifications

Drill Theme: Shooting, Loose Balls
Floor Position: Full Floor

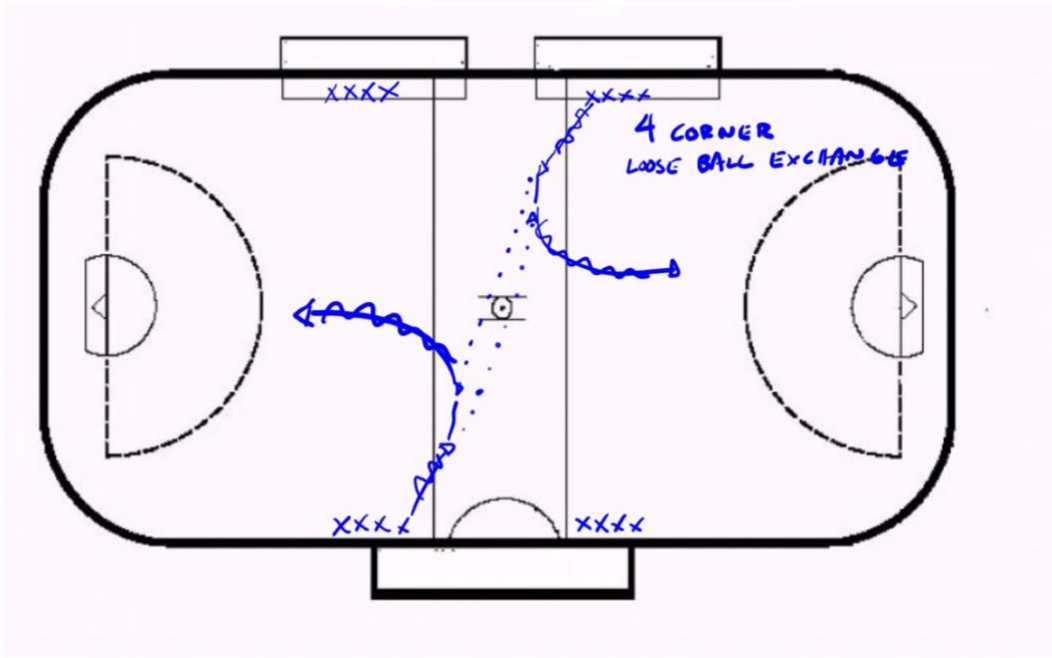
Drill Style: Skills
Time Needed: 10

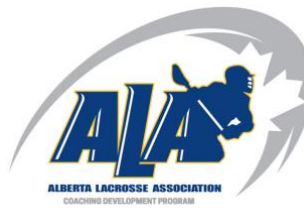
Objective

This drill is excellent for teaching players coordination while picking up a loose ball, as well as looking up the floor for a shot.

Drill Description

Set up four lines under the restraining lines, with balls in all four lines. Players from opposite lines will each have a ball and roll it diagonally to their partner. After the players receive their partner's loose ball, they will turn to their respective sides and run towards the net for a breakaway shot.





Skills Practiced

- Shooting
- Loose Balls

Variation

Four Corner Pass Exchange

