

## Four Corner Pass Exchange

### Drill Specifications

Drill Theme: Shooting, Passing  
Floor Position: Full Floor

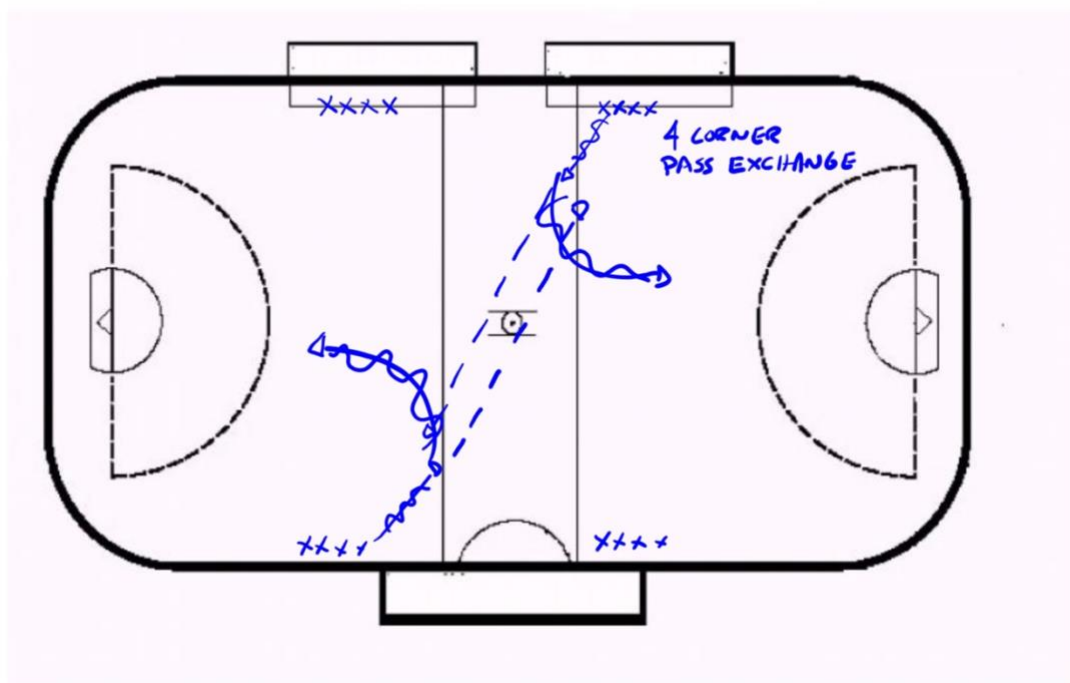
Drill Style: Skills  
Time Needed: 10

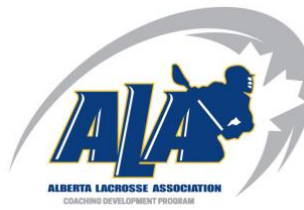
### Objective

This drill is excellent for teaching players coordination while passing and catching, 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 pass diagonally to their partner. After the players receive their partner's pass, they will turn to their respective sides and run towards the net for a breakaway shot.





**Skills Practiced**

- Shooting
- Passing

**Variation**

Four Corner Loose Ball Exchange

