

# Drill

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## Drill: 4 Corners

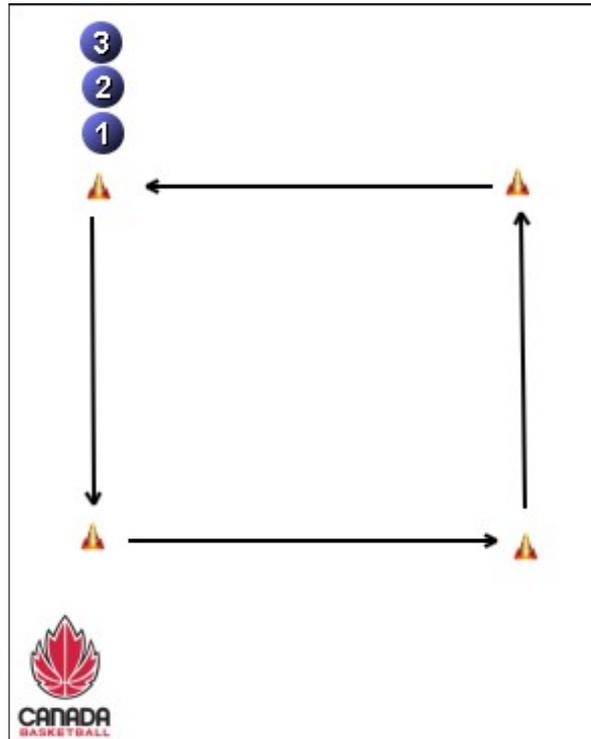
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**Goal:** Warmup Game -Get the players to communicate

**Equipment/#** -4 Pylons -  
**players needed:** 4Players

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**Sketch:**



**Description:** Place four pylons in a square. You will have to judge the size base on the ability level of the players. Four players take up a position at each pylon and one player is in the middle. The players on the outside score one point every time they move from one pylon to another. The player in the middle can get out of the middle if he/she can move to an open pylon before one of the perimeter players.

The players will have to take risks. They have to communicate with a teammate and convince him/her to trade places. This involves trust. They are allowed to fake and move back to their original pylon. They should learn to attack the back of the middle players head. It is a very boring game if everyone plays not to lose and stands still.

If you have twelve players on your team you may want to use a star formation at two ends of the court. This will allow all twelve players to participate with no subs necessary.

Load the Drill:

-Give all outside players basketballs

-Give basketball to player in the middle as well

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**Load(s):**  Physical  Mental  Technical  Pressure  
 Social/emotional

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**LTAD stage(s):**  Fundamentals  Learn to Train  Train to Train  
 Train to Compete  Train To Win

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**Categorie(s):**  Ball Handling  Defense  Dribbling  
 Dynamic 1 on 1  Footwork  
 Fundamental Movements  Passing  Picks  
 Principals/Actions  Rebounding  Screens  
 Shooting  Static 1 on 1

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**Phase(s):**  A  B  C  D

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