

Drill

Drill: Clock Wall Passing

Goal: To build shoulder strength and endurance. To assist players in building coordination in catching and passing a ball with an extended arm

Equipment/# players needed: 1 ball / player flat wall space

Sketch:

Description: The players starts in an athletic stance close to the wall. The ball is held above the head with an extended arm and is dribbled against the wall quickly and with power. The player now moves to different positions on the wall. The players needs to use both hands.

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

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

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

Phase(s): A B C D
