

Head Start

Drill Specifications

Drill Theme: Loose Balls, Defense
Floor Position: Offense

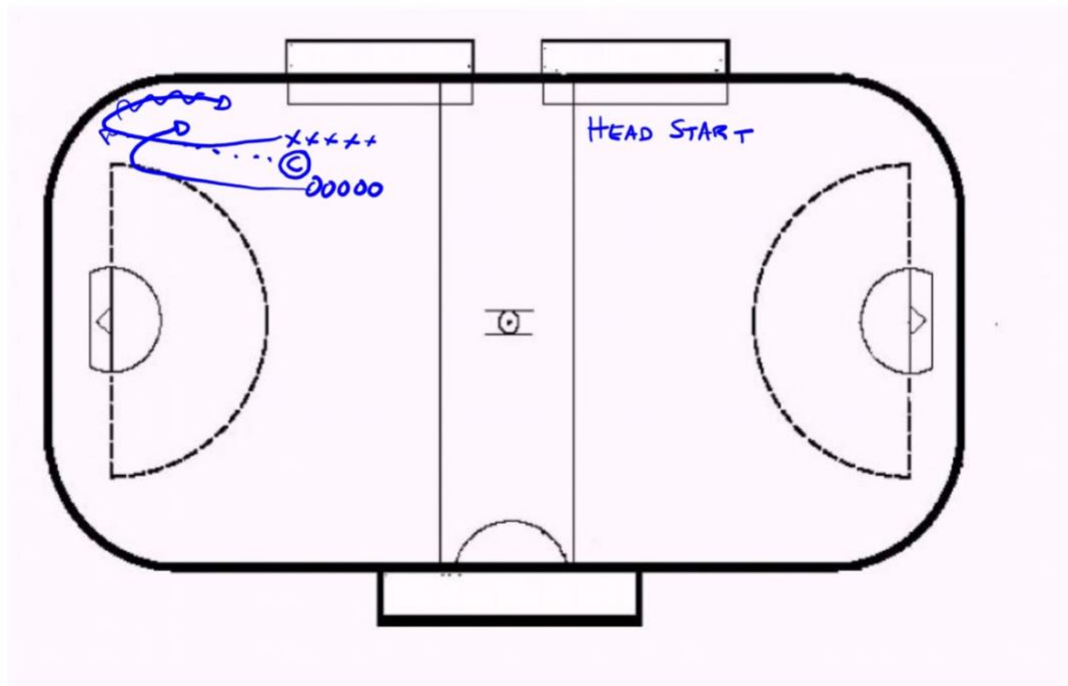
Drill Style: Skills
Time Needed: 10

Objective

This drill is excellent for teaching players how to pick up the ball and elude pressure.

Drill Description

One player starts a few feet in front of other. Roll ball in corner and first player gets ball with defender on him. Focus is on picking up loose ball and then running out of corner to elude checker.





Skills Practiced

- Loose Balls
- Defense

Variation

N/A

