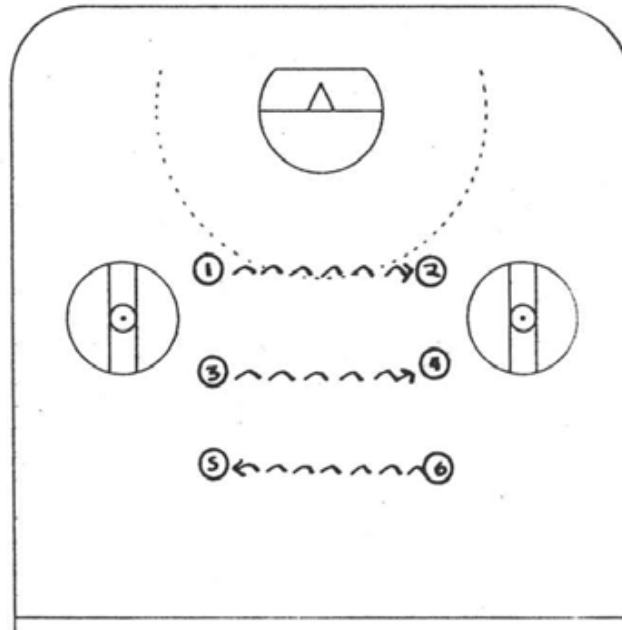
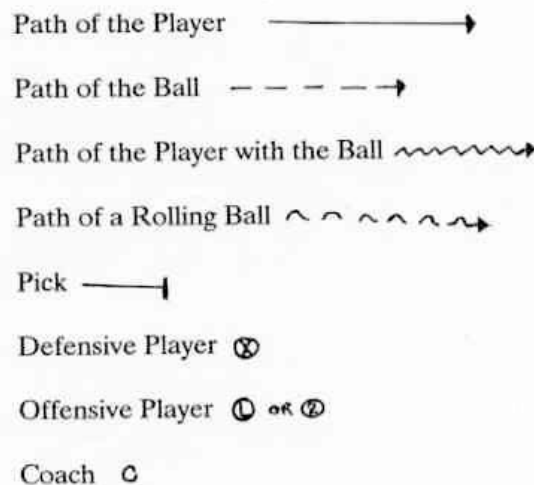


PARTNER ROLLS

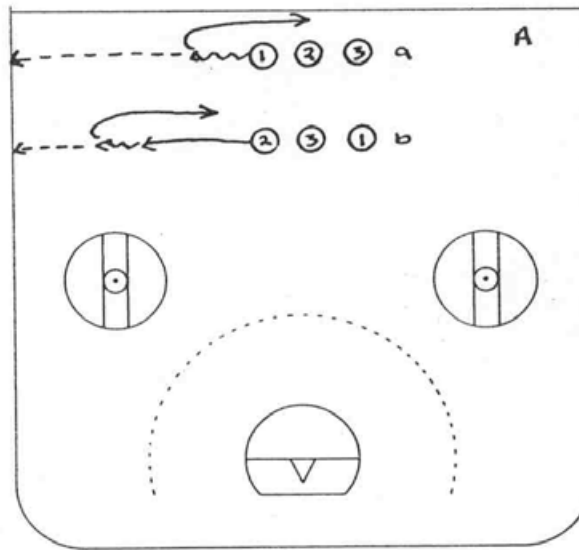


- Partners roll ball toward each other, receiver picks up ball and rolls it back.
- Ball may be rolled by hand for younger players if they are not able to roll it accurately.
- Coaches look for proper scoop of the ball, body low, knees bent, rear hand low to the ground.
- Try to get speed up once players have mastered the scoop.

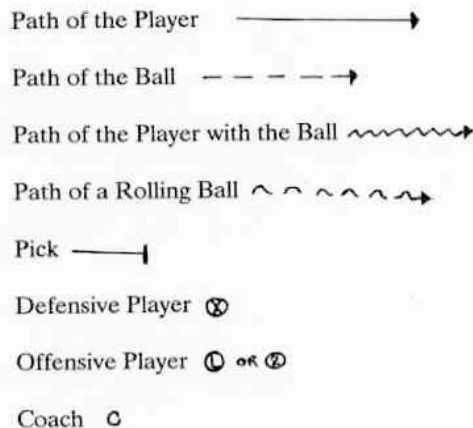


LEGEND

REBOUND DRILLS

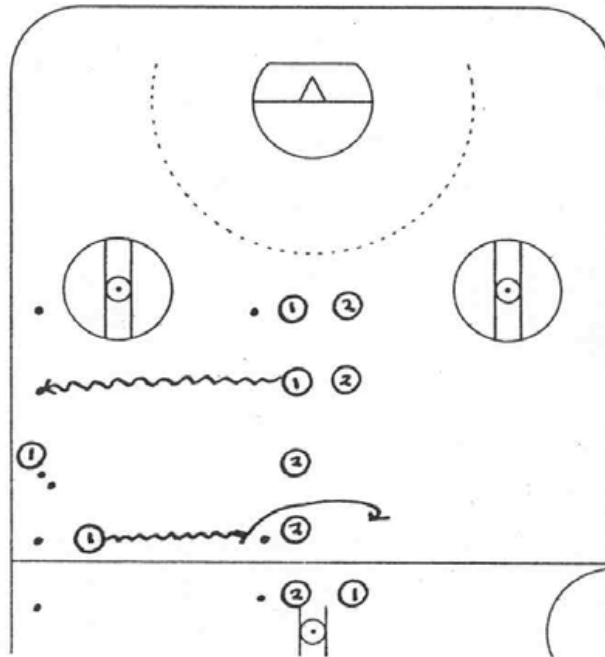


- **Player 1 runs towards boards and rolls ball against boards so it rebounds and moves to the back of the line.**
- **Player 2 runs towards rolling ball picks it up and rolls it again and heads to back of line.**
- **Player 3 gets Player 2's rebound and the drill continues.**
- **Coaches look for players to get in front of the ball and control it before they send it back to the boards.**
- **Try to get speed up once players have mastered the scoop, players have to run at the ball.**
- **Progress to having players throw the ball against the boards rather than rolling it and increase the velocity of the throw as the players improve.**



LEGEND

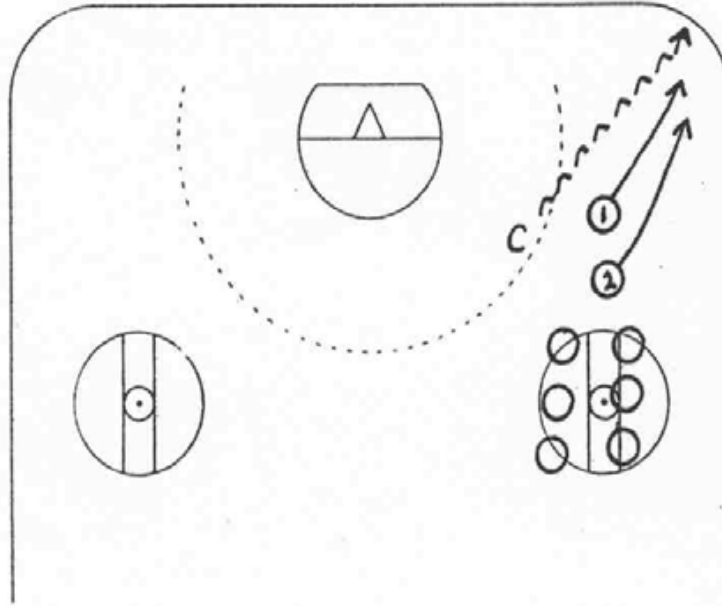
STATIONARY PARTNER LOOSE BALL



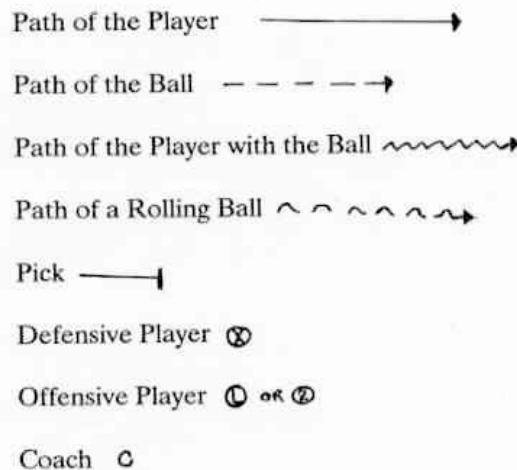
- Small group of two or three players with 2 balls per group.
- Player 1 picks up closest ball, cradles it to the boards and puts it down.
- Player 1 picks up second ball at the boards and cradles it back to the line where it is placed on the ground.
- Player 2 repeats the process.
- Coaches try to get speed up, make sure players cradle with the top hand.



HEAD START

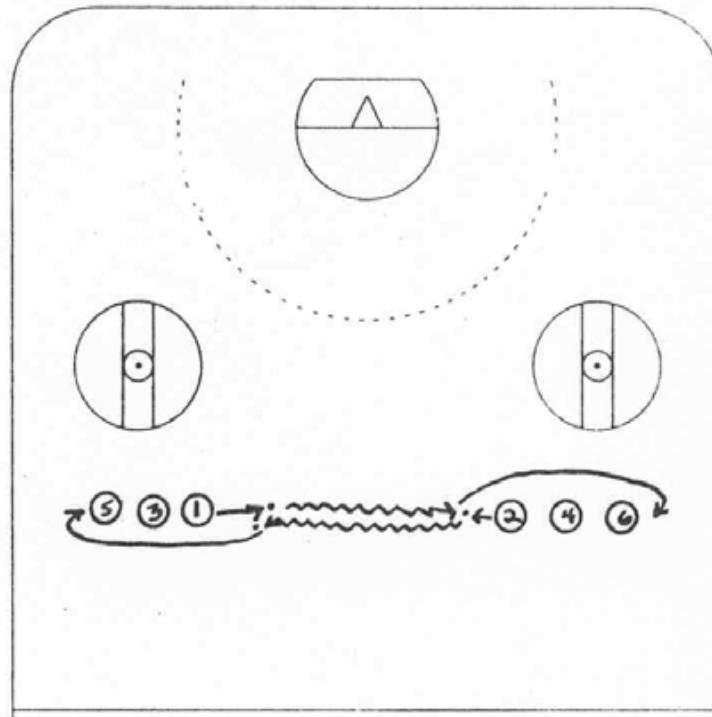


- Coach rolls ball into corner.
- Player 1 has a 5? ? 6? head start on Player 2.
- Both players race into corner for the ball.
- Coaches stress concentration, and control on the part of the trailer, making sure he doesn't crash the first man into the boards.
- You can incorporate a shot into this drill after players get the idea.

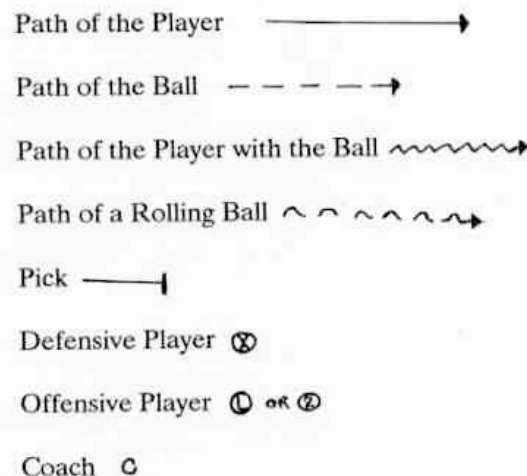


LEGEND

STATIONARY LOOSE BALL SHUTTLE

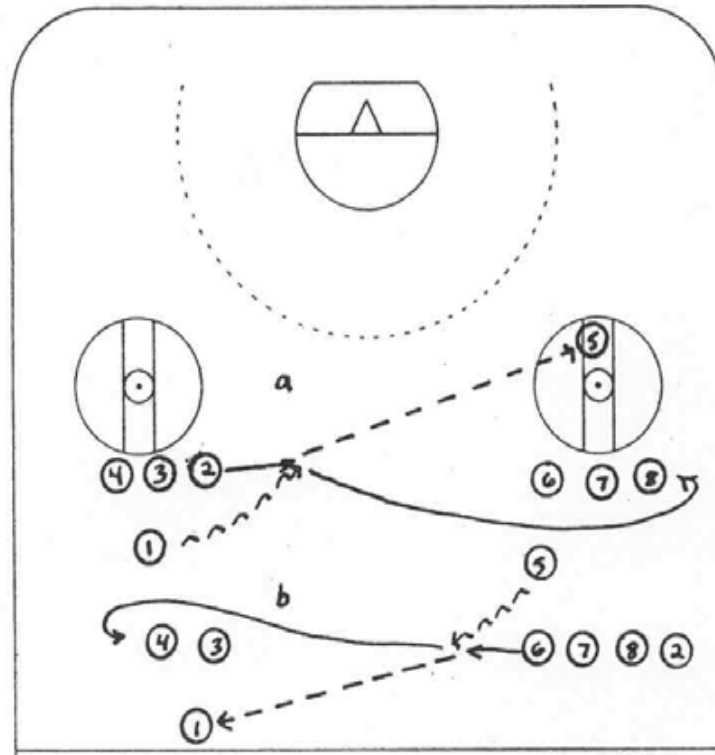


- Player 1 picks up the ball and carries to the front of the opposite line and places it down.
- Player 2 is doing the same thing towards the other line.
- Drill continues back and forth.
- Coaches look for good cradle and heads up, drill should be full speed.

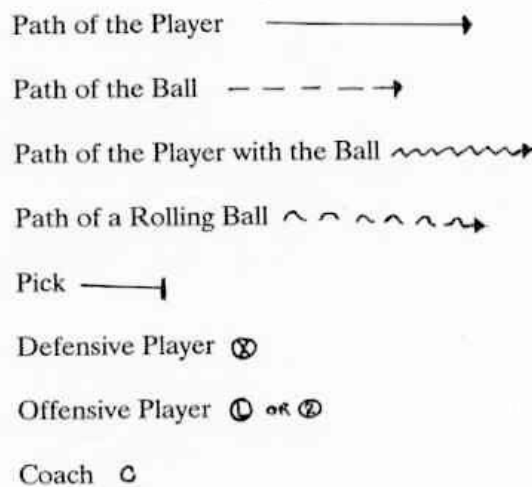


LEGEND

STAGGERED LOOSE BALL SHUTTLE

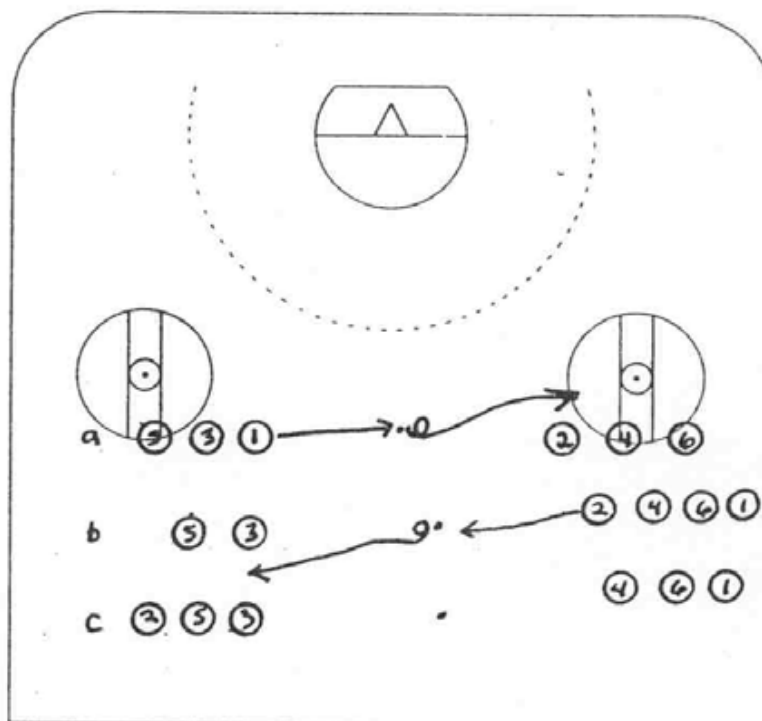


- Player 1 rolls ball forward.
- Player 2 moving out, picks up ball and delivers a pass to Player 5 and sprints to end of opposite line.
- Player 5 repeats drill with Player 6 (as in diagram b) .
- Change Player 1 and Player 5 regularly.



LEGEND

PIVOT SHUTTLE



- In turn each player sprints out, picks up ball, pivots with ball, places it back on the floor and then sprints to the end of the opposite line.
- Opposite side the first player in line races to the ball as soon as the previous player places it down.



