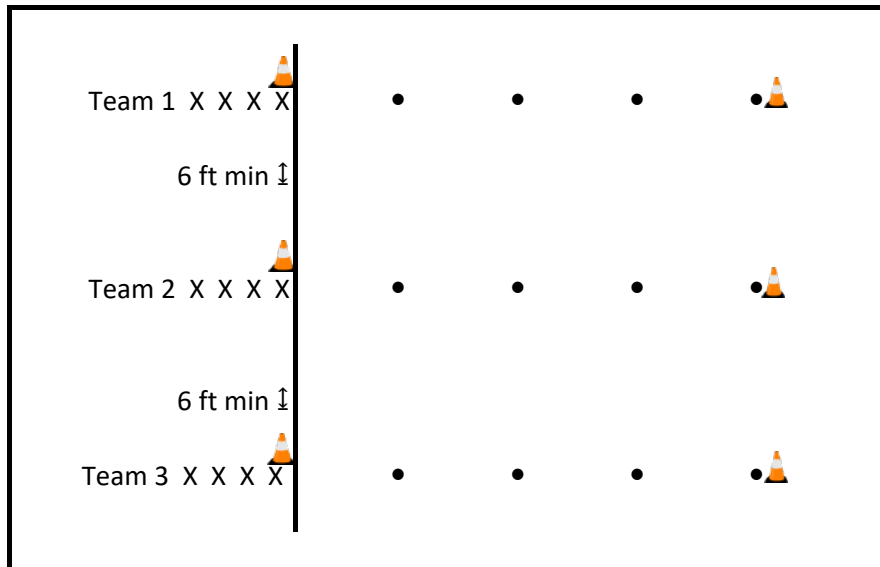




## Defense Drill #1 Relay Race



### Relay Race

Modification for 2020: 4 or 3 players per team separated by ft. 6 ft.

Equipment: 5 balls, 2 cones (per line), players have gloves  
Teams: 3 teams of 4 players or 4 teams of 3 players

**Set-up;** place cones at start line where players will "start" from, make a straight line of 4 balls on the ground in front of each group with 8' between each ball, at the end place a cone just on the other side of the last ball (pivot cone). See diagram

The first player on each team will have a ball (5th ball) to start with  
On GO! The player will run to the first ball on the ground using her throwing hand she will place the one she started with down beside the one there, pick that one up with her glove hand, transfer to her throwing hand and proceed to the next - repeat until she gets to the end. Once at the end she drop steps, turns, and throws the ball she has to her teammate next in line who repeats the same process until ALL have gone through.

### Key points:

- players pick up with glove hand and transfer (each time) to their throwing hand
- they present at the ball with a 'wide' base and their tail (butt) is down
- hustle is key but breathing is also important so as not to panic and overthrow
- overthrows must be recovered and that ball used to proceed with next

**NOTE:** Players only use their gloves when receiving the thrown ball, once they receive the throw they discard their gloves  
NO gloves are used when running the course

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