



Defensive Drill #3

4 Corner cone drill

3 players each team - Rotate the pointer/tosser each time

NO glove

Start in middle

Pointer moves team mate to each of the 4 corners 5 moves total random movement

On last move send back to centre and once there roll out softie ground ball switch up

Key Points:

foot work on each movement type - i.e. center to back corner drop step, side shuffle

side shuffle on lateral moves, quick turns, and quick pace on forward movements...on

