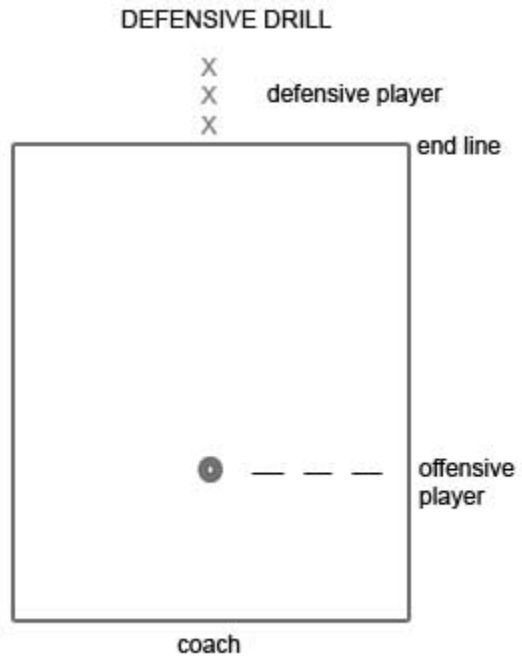
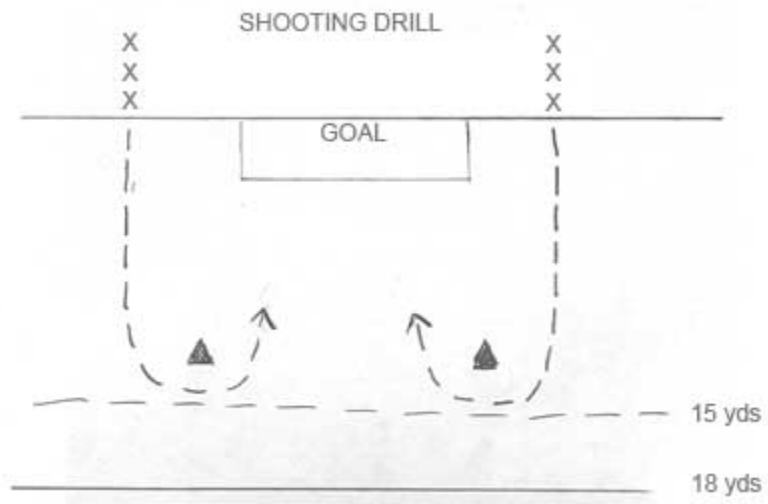


Defensive Drill



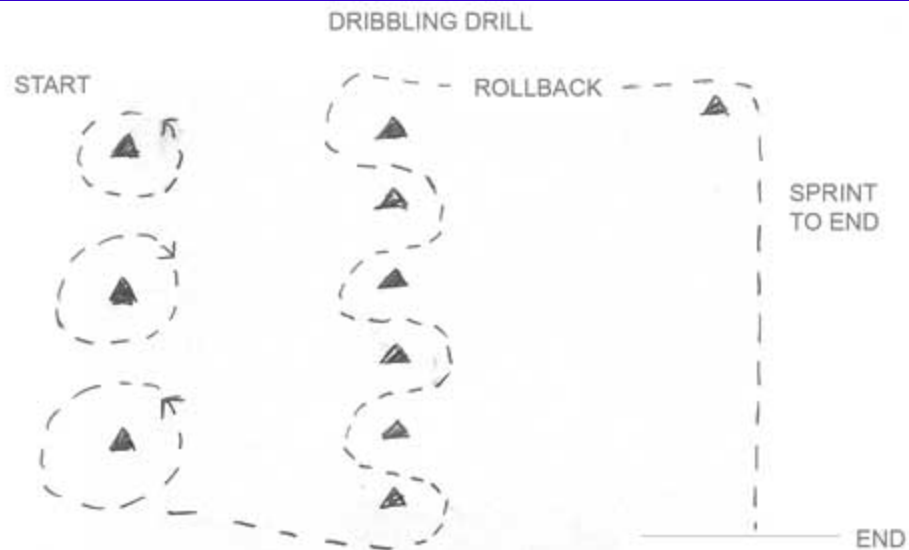
Offensive player is facing coach. As soon as coach throws in ball to offensive player, defensive player sprints to the back of the offensive player. Defensive player's job is not to let player turn and/or angle them to sideline and/or steal/win ball.

Shooting Drill



Players (two lines) on end line, each have a ball. One player at a time dribbles to cone, goes around cone, takes one more dribble and shoots with RIGHT foot, ball into the corner. Player retrieves ball, switches lines where on next turn will shoot with the LEFT foot.

Dribbling Drill



Cones lined up in three rows. Player starts by dribbling ball around first cone, then second cone and then third cone. Player may use any part of their foot or both feet to go around the cones. Player dribbles to next row and dribbles in between cones using any part of their feet.

At end of row, player rolls back ball to third row, using a "roll-back". Then player sprints, dribbling ball to end. **Drill is not a race.** Players sprint to end should be controlled.