



COACHES EDUCATION PROGRAM DRILLS AND GAMES SUPPLEMENT

Drill Name: Four Corners

Skills Practiced and introduction:

- catching and switching hands to pass
- This drill forces a player to throw the ball correctly or the ball won't travel far enough to reach the next player. Players must keep their hands up and away from their body to pass properly. It also allows players to catch and throw the ball on the move. Players (passers and catchers) must also judge the trajectory and speed of the ball in order to make an accurate pass and receive a pass.

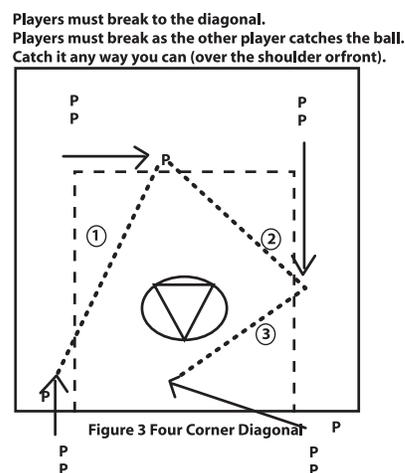
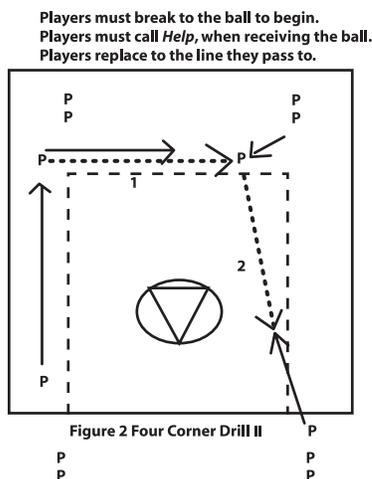
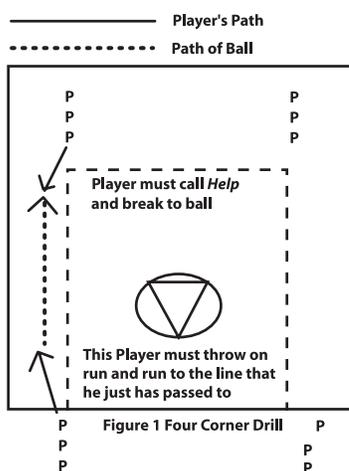
Suggested Equipment: Balls

Space needed: Square configuration (start small and slowly move to a bigger square) with the same amount of players in each line.

Players needed: unlimited

Set – up and execution: (see diagram)

- The ball starts in one corner with one player who passes to the first player in line at the adjacent corner (the passer then goes to the line he just passed to). (Figure 1)
- The player receiving the ball calls "help", hopefully catches it, and then passes it to the next adjacent corner and so on. (Figure 2)





Coaching tips:

- Stand in the middle of the square so you can move with the ball, see all players, and all players can hear you.

Variations/Progression:

As you players improve their skills incorporate the following:

- Start with 1 ball and progress to having 2 and then 3 balls going.
- As players get better at passing the ball on a straight line, have players pass the ball diagonally (see figure 3) which forces them to catch the ball on the move.
- Players can use their dominant hand to start, but as they get better at catching and throwing have them use both hands.

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