



Hot Feet

Appropriate Age Group: 6-15

Skill(s) Practiced: Catching, Throwing, Movement

Drill Duration: 5 minutes

Resources: 1 ball per pair, cones

Description: Players are divided up into pairs by the coach and placed 10yds. away from each other. They will begin walking in place while catching and throwing passes to their partner. Every 30 seconds, one line will move one partner to their left, with the last player in line running to the opposite end of their line to match up with a new partner.

Progression(s): Switch top hand on the stick. Count catches and try to beat it.

Drill Diagram:

