



2010 DRILLS



## Drill of the Week...

### 1 vs 1 With Obstacles:

*Note: Grid size based on the ability and age of the players.*

*Description: All the balls are placed in the center. Players jump the obstacles and run to get a ball and bring back to one of the squares. Each team has its own squares assigned.*

*Coach Observation: Take a look at the quickness and the reaction of the body movement. Players have to be flexible.*

*Note: Start first without the ball. Start the drill by only using your hands. Players will use their creativity around the obstacles.*

*Tip: Try to motivate in a positive way that builds self-esteem. Use simple incentives (stickers, juice boxes, freezies, you do push-ups, etc.) for rewarding practice and game attendance, hustle and effort.*

*This is a Warm Up drill and a Fun drill.*



**Video drill for the week: Receiving Ground Balls -**  
<http://www.youtube.com/watch?v=QLUqv6W8L8s>