MEN’S 4 CORNER OVER THE SHOULDER GB’S AND PASSES

DRILL SPECS:

Drill Theme: Ball Movement
Field Location: Midfield, Attack Zone
Time Needed: 10 Min

Drill Style: Warm-Up, Skills
Field Position: Offense, Defense, Midfield
Skill Level: Basic

OBJECTIVE:

Improve catching on the run and over the shoulder, practice switching hands, throwing to the “Box” area around the shoulders.

DRILL DESCRIPTION:

Mark 4 corners with cones and put at least 3 players in each corner. Start with one ball and rotate counterclockwise catching over left shoulder and passing with right hand. Change directions halfway through drill, add more balls as player skill will support. Players in line wait for “break” call then are rolled a ground ball while moving upfield. Be sure the players focus on leading their teammates on both passing and groundballs.

SKILLS PRACTICED:

- Ball Movement (Catching and Throwing)
- Strong and Weak and Play
- Groundballs
- Conditioning

VARIATIONS:

Have the players switch from passes to ground balls. In addition, have player sprint the sides and job the top of the attack box for added conditioning. Also, on a whistle you can reverse directions of the drill. Repeat this to keep the drill moving and to keep the players on their toes.