

Box Underhand Drill

5 – 10-minute duration

The purpose of the drill is to promote foot work, glove work and ball handling skills. With this drill, the players will always be in motion starting off slowly and increasing the speed as the drill progresses.

The players will start by standing in a square approximately 12-16 feet apart. The first player will start by tossing the ball under hand to player #2 who will start moving toward player #3. Once player #3 has received the underhand toss from player #2, player #3 will move toward player #4 and toss ball underhand to player #4. Player #4 will reverse back towards player # 3 by one hopping the ball to player #3, once player #3 has picked up the ball off the bounce, he will one hop to player #2. Player #2 will one hop the ball to player #1. Player #1 will reverse back to player #2 and side toss the ball to player #2. Player #2 will side toss the ball to player #3 and player #3 will side toss to player #4. Player #4 will side toss to player #1 ending the drill.

Components of this drill are: under hand toss, one bounce, and side toss. This drill can be used as drill for team competition. The first team to drop the ball or boot the ball will be out. Last team standing wins.

Good luck and have fun with this drill.