

Countdown Drill

This is a fun drill to help first and second graders develop good hands, and a quick release.

Have the players' line up across from a partner about 20 feet apart. They are to make good throws back and forth as many times as they can while the coach counts down from 30 to zero. The player who does not have the ball at zero wins. (You should see the kids scramble for a dropped or loose ball.)