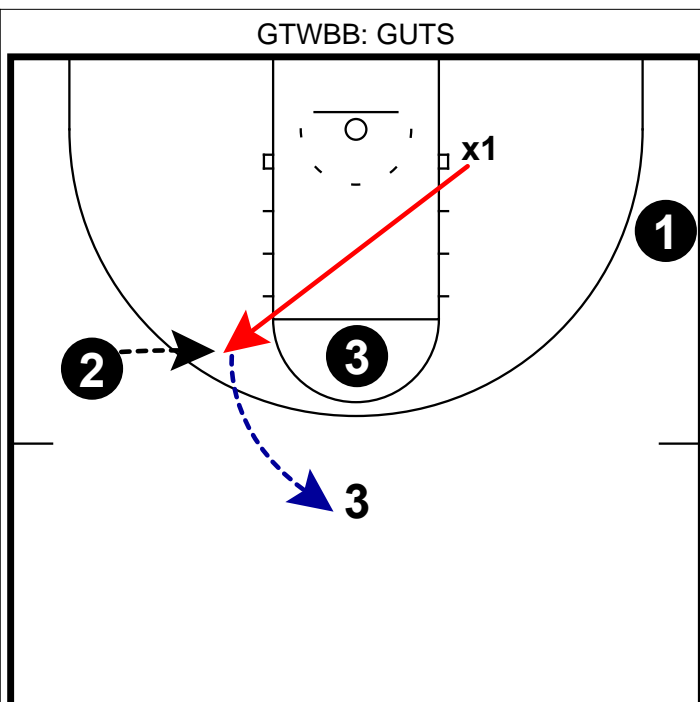
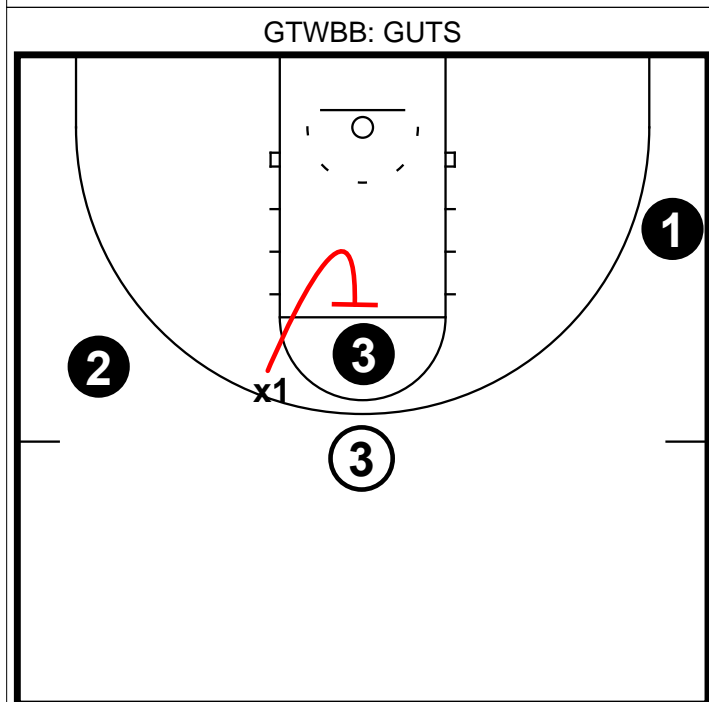


This 3 part drill starts with the player (x1) starting in the lane. All 3 offensive player on the perimeter can be coaches or managers. The drill starts with the coach driving & the player taking a charge **OUTSIDE THE LANE**



After the player takes the charge, she must hop up immediately and then sprint to pick up a loose ball from the 2nd coach. Often by diving on the ball, the player will then grab the loose ball and then throw it to the third coach.



The third and final part to this drill in the block out, score. With the coach at the top of the key, he/she will shoot the ball & the player will have to block out the 3rd manager - get the rebound and score.

This drill continues until all of the players have completed. Sometimes multiple times on each side.