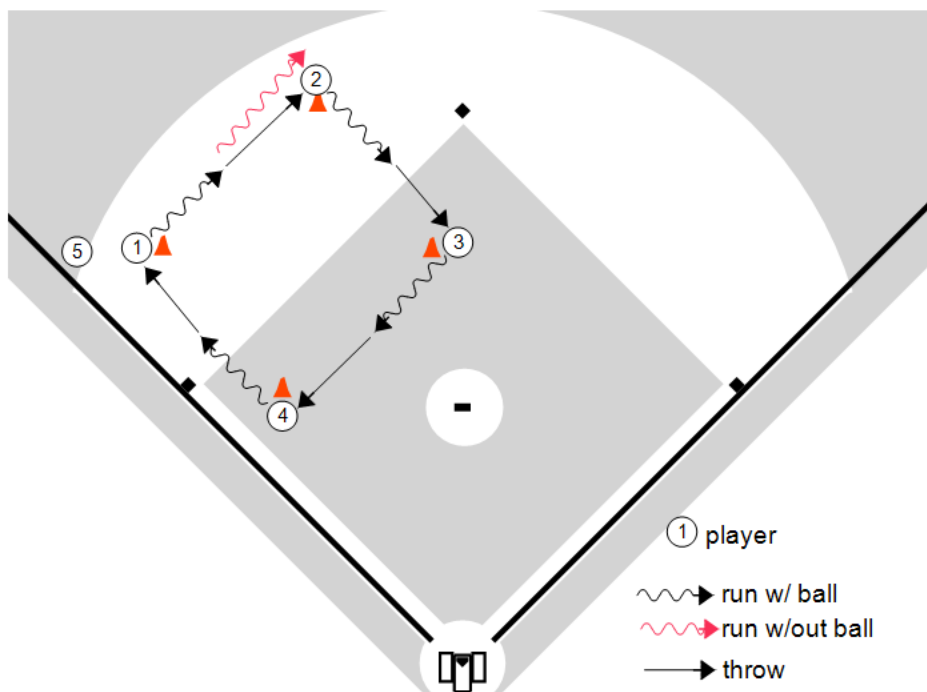


**Title :** Box Drill - underhand toss    **Category #1 :** Skills    **Category #2 :** Catching

**Content elements:** \_\_\_\_\_    **Components :** \_\_\_\_\_



**Key Points :**    Catch w/ 2 hands    No gloves    Movement to target   

### Description

**Objective:**

- To practice proper catching techniques from a short (safe) toss
- To teach player to create movement towards target when throwing

**Equipment:**

- 4 cones set up in a box, 20-25 feet apart
- 1 ball per group

**Execution:**

- Players set up in a box with 2 players at start (modify based on numbers)
- Player 1 shuffles/crossovers towards player 2 with ball
- Player 1 shows ball, underhand tosses to player 2. Player 2 in ready position with hands out
- Player 2 catches ball with 2 hands and no glove, then repeats towards player 3.
- Player 1 runs to cone to replace player 2

**Progression:**

- Have players wear gloves and practice 2 hand catching
- Increase cone distance and have players throw ball
- Introduce competition... 1 point per catch, team goal of 5 catches in a row