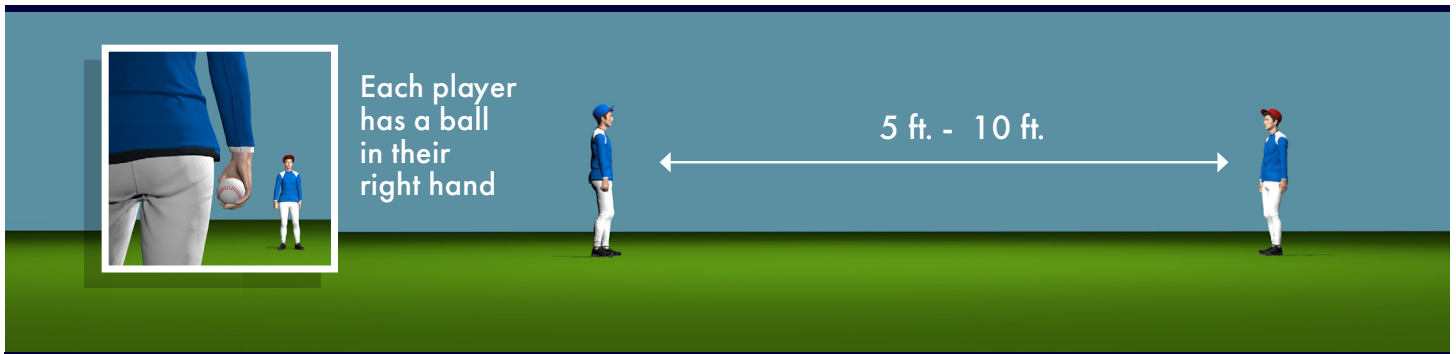


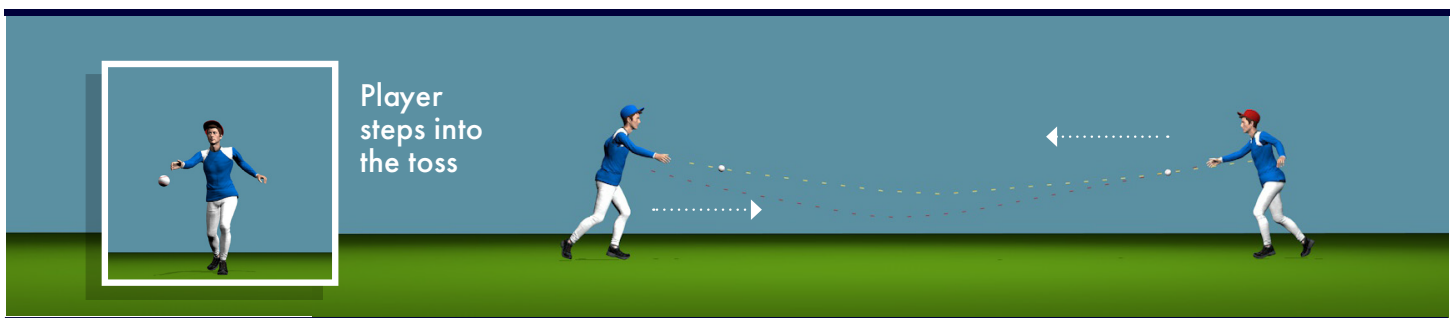
Drill #5 Same Side Toss

Target Skill: Hands/Eye Coordination

Step 1. Two players stand facing each other about 5-10 feet apart.



Step 2. Both players tosses the ball at the same time to each other.



Step 3. The ball is received on the left hand and gets tossed to the right hand.



Step 4. The toss is returned back.

