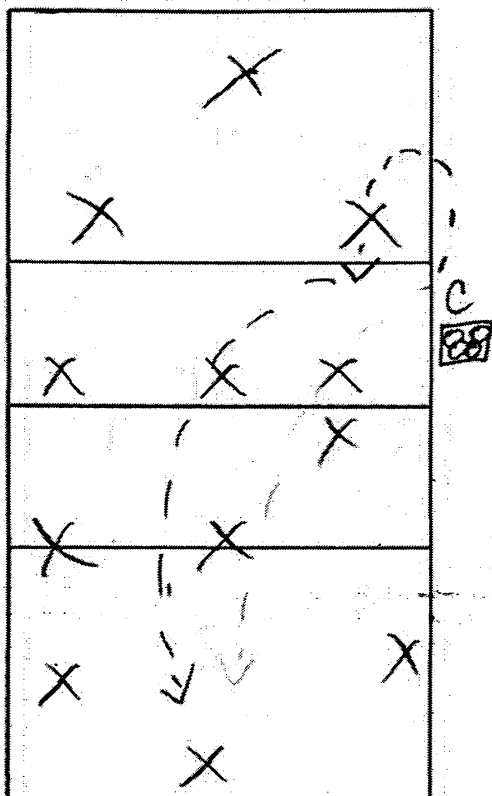


Drill Name: 3 in a Row Skill Featured: Free ball scoring



Objective:

Score on 3 consecutive
free balls to get big
point and rotate.
Continuous balls entered
until successful.

Conditions:

Toss ball to losing side-
they must send over on
1 contact to create "free
ball"
↑ Must get 4 in a row.
↓ Must get 2 in a row.

Success Criteria:

Be the first team to rotate all the way
around.

Reference Points/Cues:

Calling the ball, help attackers find kill
zones, work hard on defense.