



## Max Touches

**Appropriate Age Group:** 12-19

**Skill(s) Practiced:** Ball Movement, Team Offense

**Drill Duration:** 5-10 minutes

**Resources:** Cones, Balls, Goal

**Description:** The ball is moved between all members of the offense as many times as possible for a set time, using the team offense philosophy. Players may not shoot in this drill.

**Progression(s):** Change between offense sets, reverse the direction of the ball. Add light defensive pressure to encourage moving with/without the ball.

**Drill Diagram(s):**

