



Freeze Catch

Appropriate Age Group: 6-9

Skill(s) Practiced: Pass, Catch, Scoop, Movement

Drill Duration: 5 minutes

Resources: Cones, sticks, balls

Description: Coach sets up (3) 20yd x 20yd boxes with no more than 6 players per box. There are 3 players on each team. The object is to move purposefully off ball to receive the ball in a location where it can be passed back to a teammate. Players may move anywhere they want inside the box to receive a pass, but once they have the ball they cannot move to pass it.

Progression(s): Roll ground balls. Switch top hand on the stick. Turn away from pressure.

Drill Diagram:

