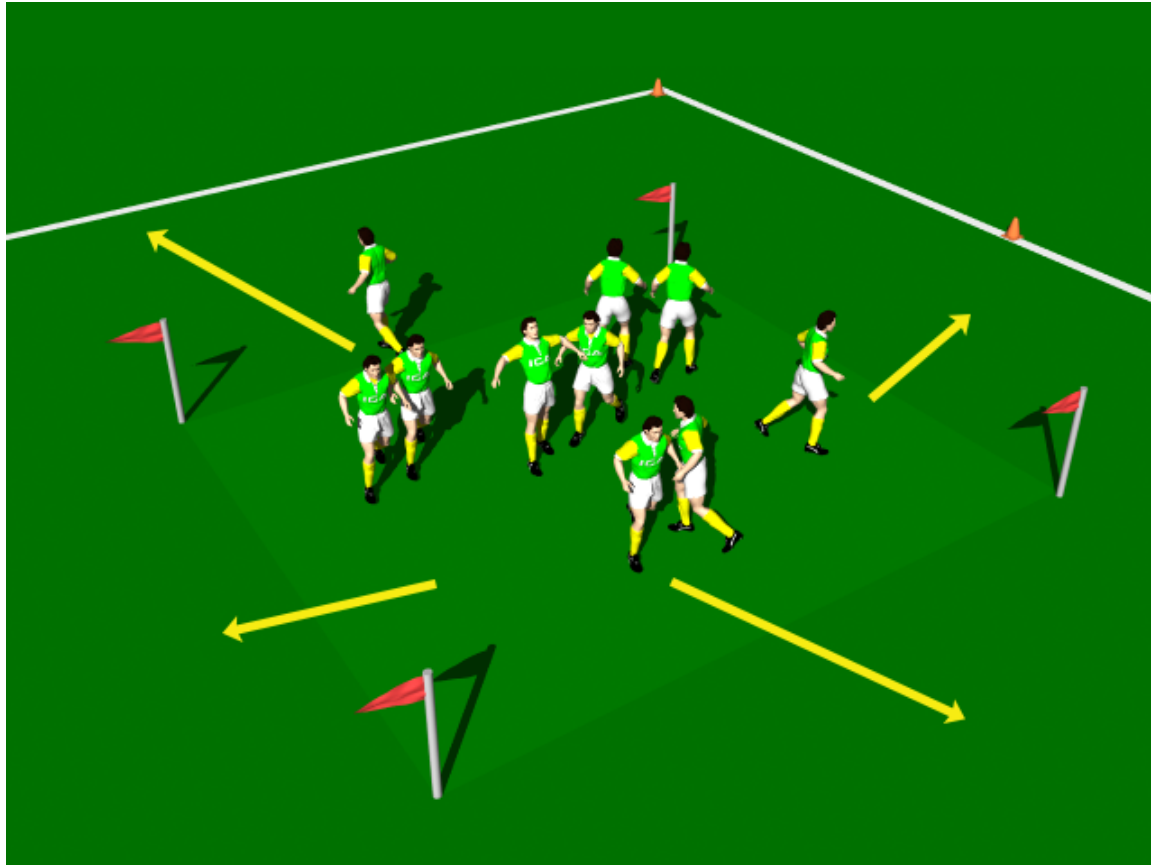


Upper Body Protecting Ball



Exercise Objectives:

This exercise is a simple drill to emphasize the use of the upper body when protecting the ball.

Coaching Pointers:

Players get into pairs. Place the entire group into an area of approximately 5x5 yards. The players jog slowly around the small area, and on the coach's command, they must use their upper body to protect themselves against their partner. It helps if the player closes his fist to tighten the upper body for strength.

Variations:

- Have players jump shoulder to shoulder.
- Have players give each other a "high five" (just to add fun)
- Sprint quickly out of the square.

Be creative and add your own variations.