

# ELEVATOR BALL DRILL

**PURPOSE:** Catch Ball at its highest point.

**TEMPO:** Slow to fast

**ORGANIZATION/SET-UP:**

- Athletes get into groups of 5-7
- Make a circle around coach
- Chop legs and throw the ball back to coach when he calls for the ball

**COACHING POINTS:**

1. Chin up
2. Move your feet
3. Elbows tight

