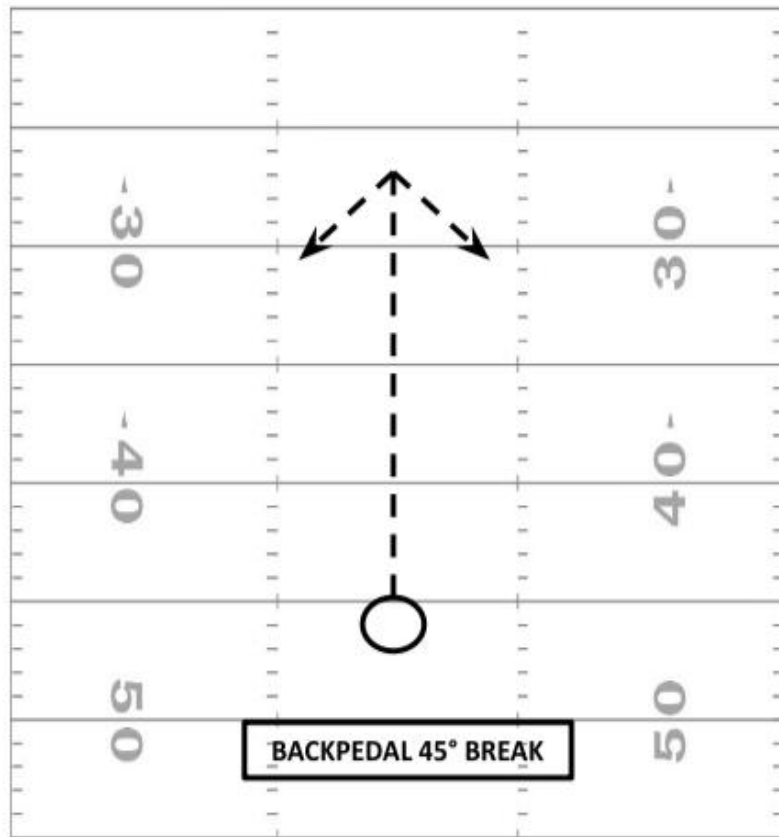


DB DRILLS

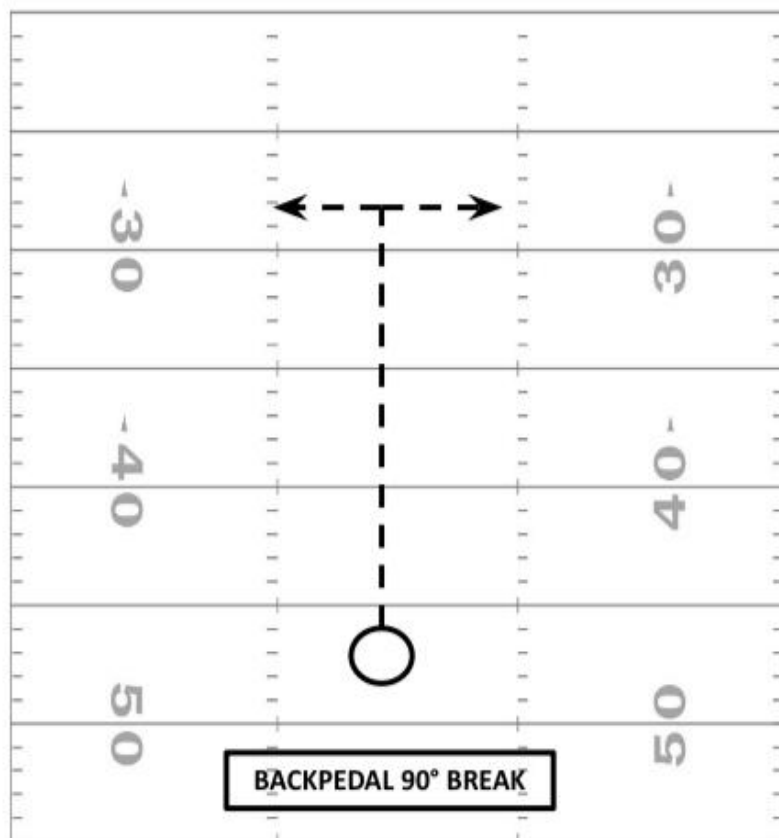
Coaching Points:

- DB will begin backpedaling until given the cue by the Coach
- When the Coach turns his shoulders depending on the direction of the shoulders the DB will then plant and drive at a 45° angle and catch the thrown ball.



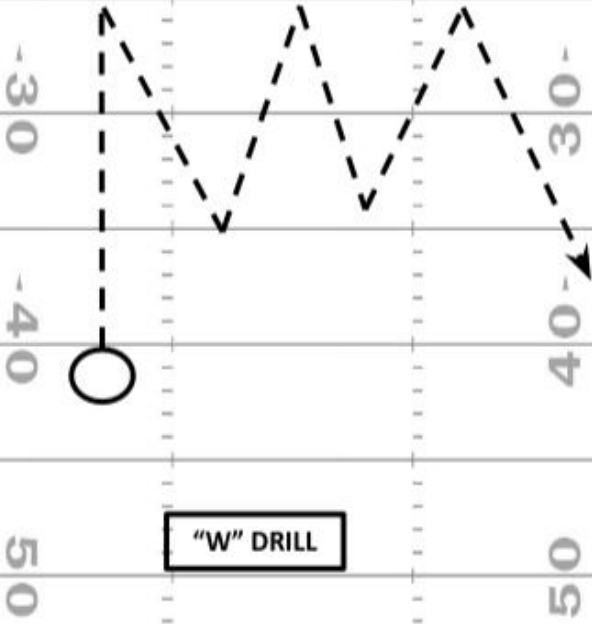
Coaching Points:

- DB will begin backpedaling until given the cue by the Coach
- When the Coach turns his shoulders depending on the direction of the shoulders the DB will then plant and drive at a 90° angle and catch the thrown ball.



DB DRILLS

Work Both Directions



"W" DRILL

BACKPEDAL WEAVE

