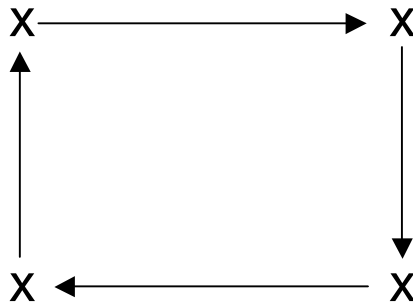
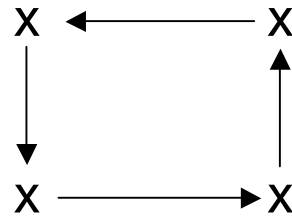
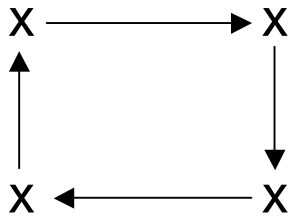


Flips & Feeds Box Drill



Players create a square 5 feet from each other. Start drill with forehand flip, once the ball returns to the beginning reverse direction and practice backhand flips. Now have players create a larger square (approximately 10 feet) and work on their 3/4 throws.