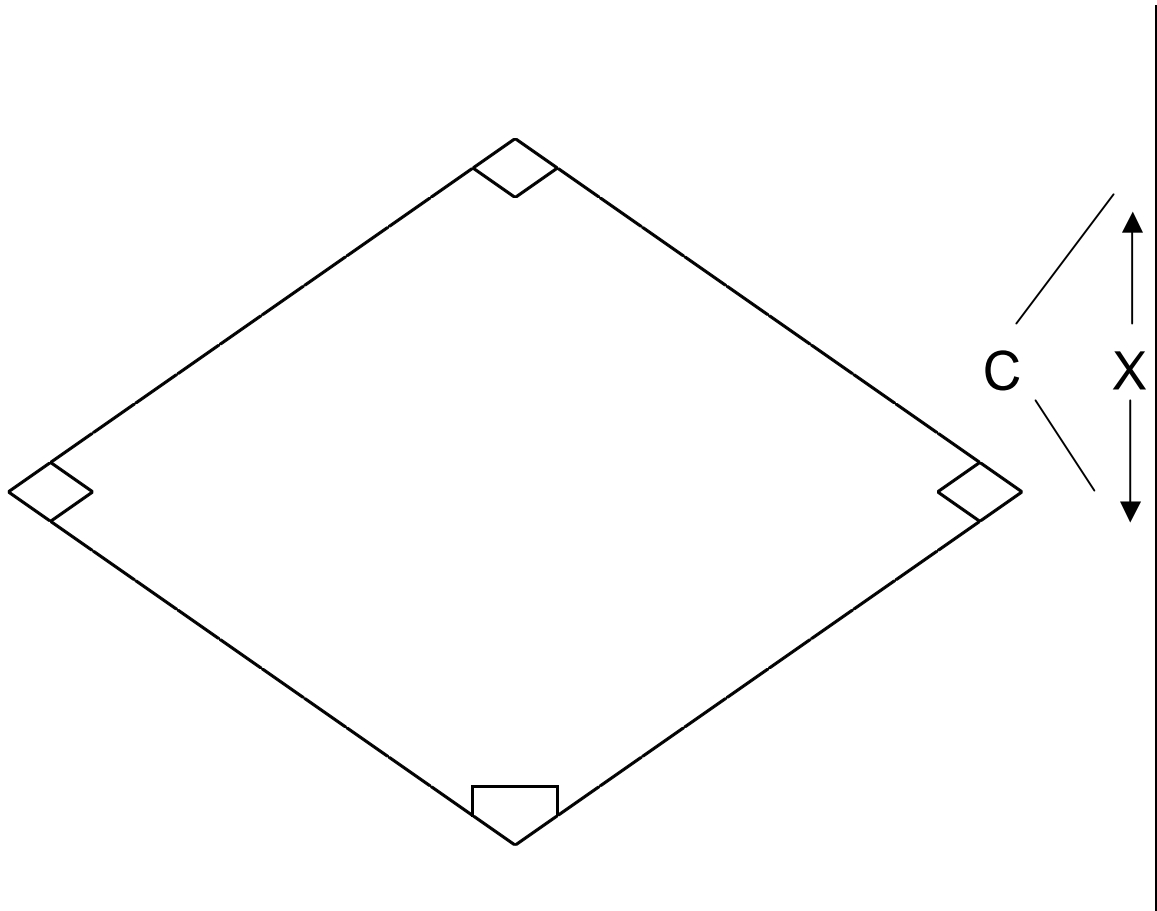


Dive Drill



Player stands with back against fence, coach faces player. Role, throw or hit ball to players right then left making her dive for ball. This drill can be used for conditioning if player has to get up quickly and go in other direction. You want to do this drill against a fence so that you don't have to chase balls that your player misses.