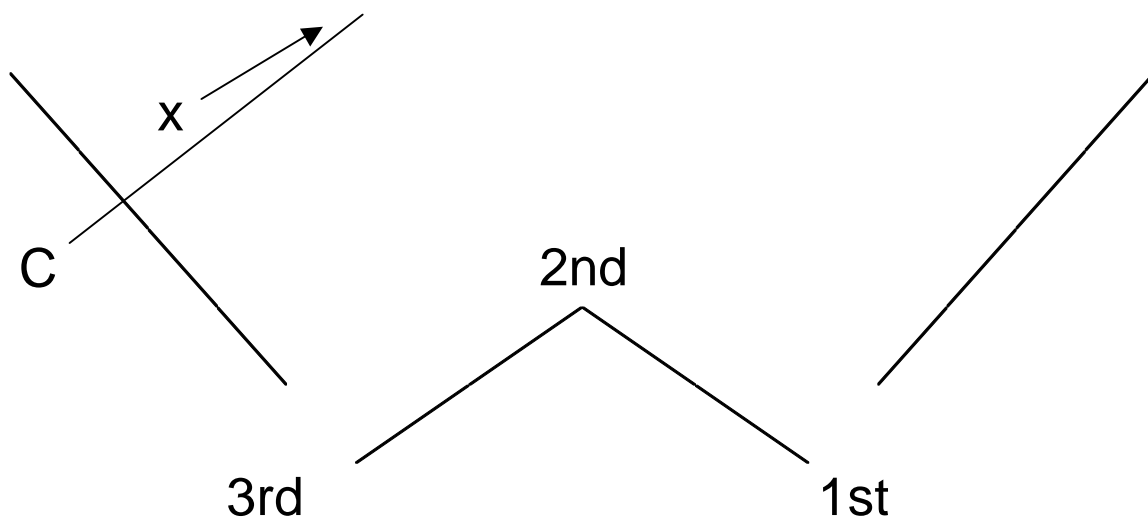


Drop Step Drill



Player is working on her drop step. 1st step is explosive almost straight back. Coach indicates direction of drop step by pointing right or left. Once player has taken 2-3 steps toss ball making player adjust to ball and catch. Once ball is caught player sets feet and throws back to coach.