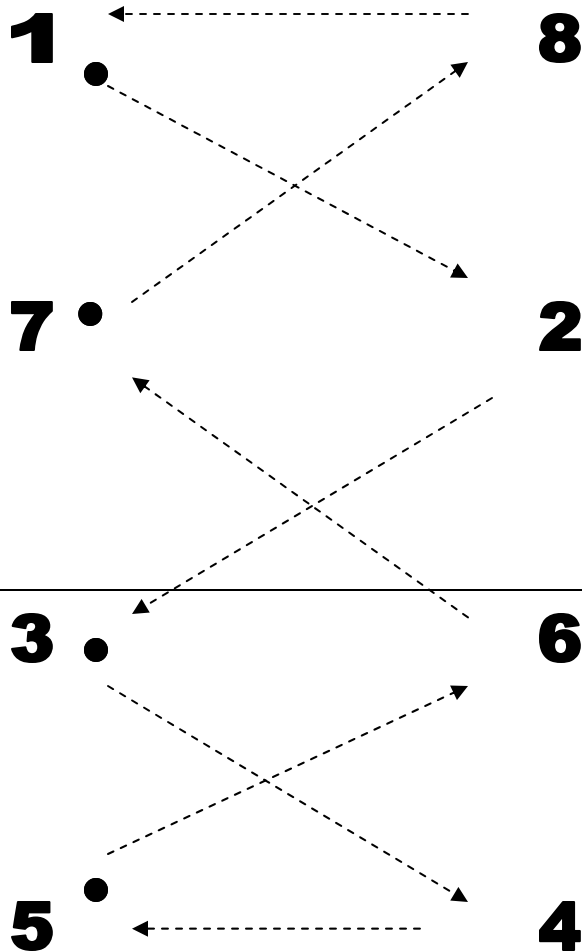
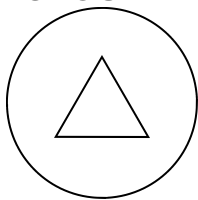


## MEATLOAF DRILL - GROUNDBALLS AND PASSING



Create 8 lines (can do 6) - have 3-4 people in each line with 3-4 balls in play. Ball moves 1 -> 2 -> 3 -> etc. (and repeat). Passer delivers leading balls to a moving target. Follow your pass and go to the end of the next line. This drill is for continuous ball and people movement. To mix it up, do ground balls instead of passes, or alternate ground balls and passes.