

National Throws Coaches Association

Drill of the Month

Double Hops



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Double Hops – Use this drill to teach the importance of getting the right leg underneath, keep the shoulders back and to teach the concept of keeping the shot moving

1. Start in the glide position
2. Do two consecutive glides in a row into a power position (keep the shoulders back)
3. Slam the left leg down
4. Deliver the shot with little hesitation