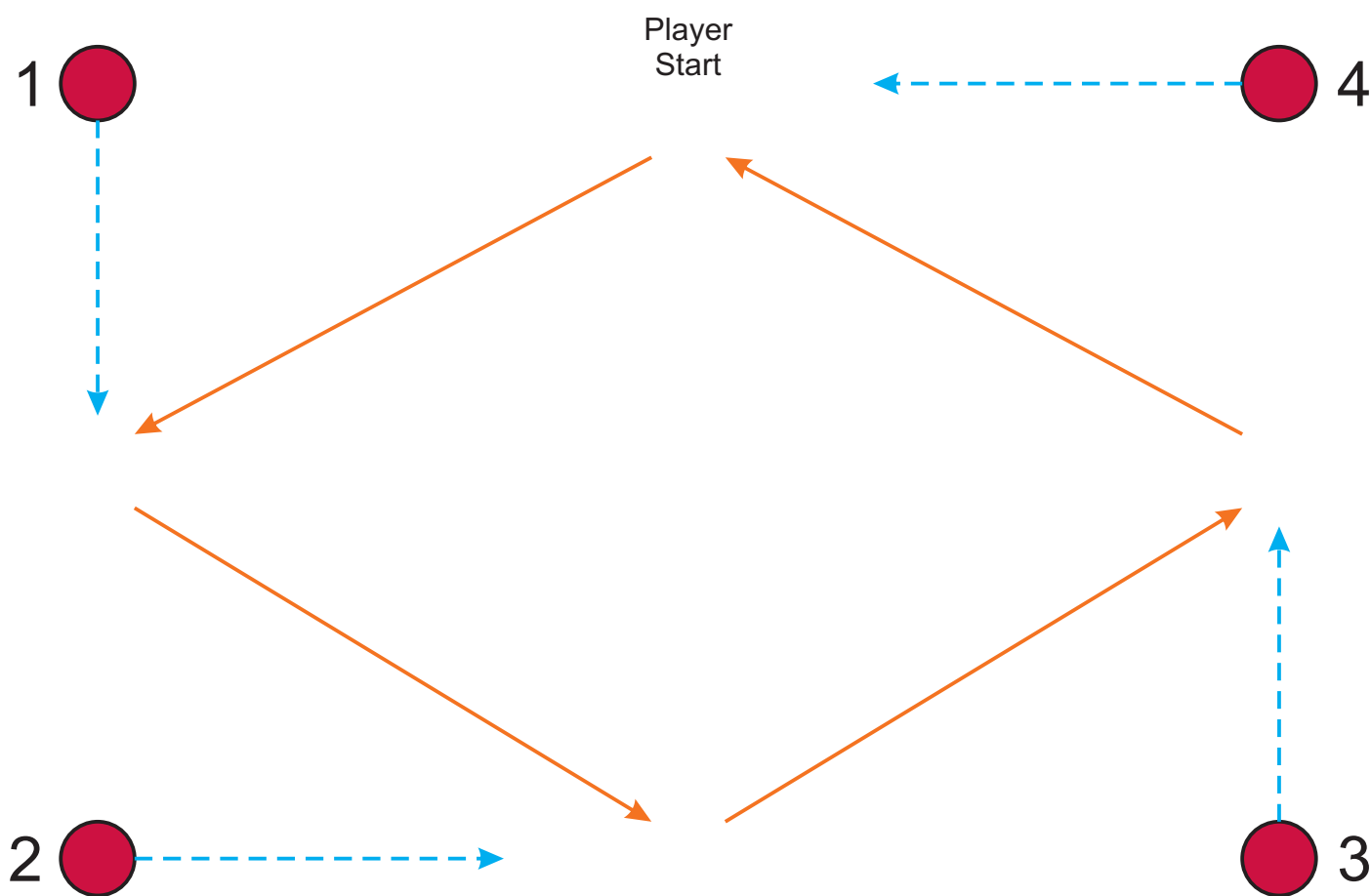
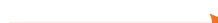



# Quad Drill



-  Ball Movement
-  Player Movement
-  Cones

*Resources:* 1 Netball, 4 Cones.

## **Drill Description:**

Place an even number of players at each cone.

One player commences in the "Player Start" position.

First player sprints from Cone 1 to receive pass in between cones 1 & 2 from player in start position.

At the same time the starting player sprints to Cone 1.

Next player sprints from Cone 2 to receive pass from player in between cones 1 & 2 and so on.

## **Coaching Points:**

Ensure throwers are putting the ball out in front of the receiver to enable them to run onto it.  
Focus on timing and footwork.

## **Variations:**

Add in a second ball and restart with second player opposite initial "Player Start" position.