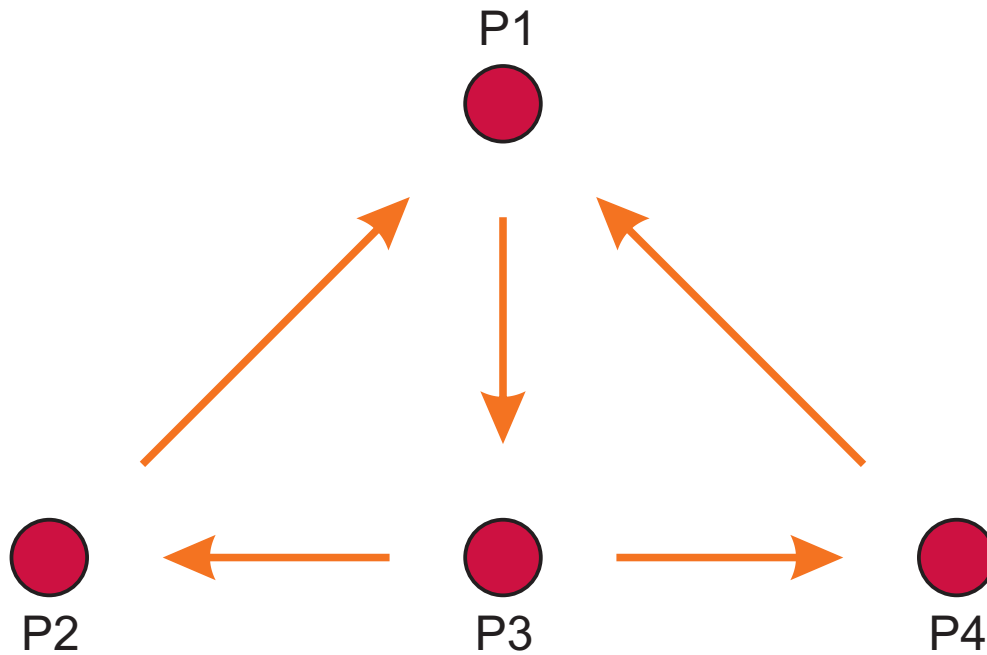


# Triangle Drill



→ Ball Movement

*Resources:* 2 Netballs.

## **Drill Description:**

Stand 4 Players in a triangle as shown in the diagram above approximately 2 metres apart.

Player 1 (P1) & Player 3 (P3) each start with a ball.

P3 passes the ball to P2.

P1 passes the ball to P3.

P2 passes the ball to P1.

P1 passes the ball to P3.

P3 passes the ball to P4.

P4 passes the ball to P1 and so on.

## **Coaching Points:**

Each ball should only move in a half triangle (to the left & right of P1 & P3).

P1 receives the ball from P2 & P4 alternatively.

P2 & P4 only ever pass to P1.

P3 passes to P2 & P4 alternatively.

P2 & P4 only ever receive the ball from P3.