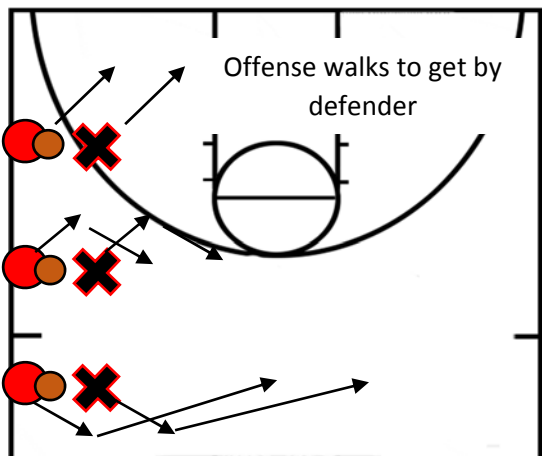
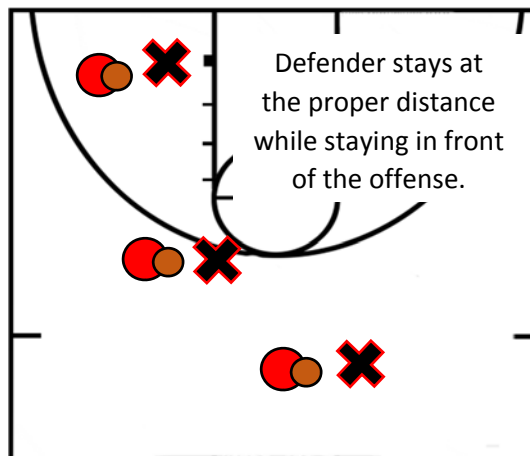


Drill: "Belly Ball"**Drill: "Belly Ball"****Directions:**

- Put partners together with a ball on the sideline
- The offensive player will place the ball under his shirt or hold it in front of them like a big belly.
- The defensive player will position themselves in front of the offensive at a distance that would allow them to touch the ball with an extended arm in a good defensive position.
- On the signal the offensive player will walk across the floor. The defensive player will attempt to stay in front of the offensive player at the proper distance and force them to change directions.