



Max Touches

Appropriate Age Group: 12-19

Skill(s) Practiced: Ball Movement, Team Offense

Drill Duration: 5-10 minutes

Resources: Cones, Balls, Goal

Description: The ball is moved between all members of the offense as many times as possible for a set time, using the team offense philosophy. Players may not shoot in this drill.

Progression(s): Change between offense sets, reverse the direction of the ball. Add light defensive pressure to encourage moving with/without the ball.

Drill Diagram(s):

