


## Drill Name: DOG BALL AGILITIES

Stage of Activity	Training to Learn, Train to Train, Train to Compete
Skills	Catching the Ball, Reactionary Movement
Equipment	<p>Odd Bounce Ball (knobby rubber dog ball, or trainer ball), One Stick per Player, Goaltender</p> 
Time	10 Minutes
Number of People	2+
How It Works	<ul style="list-style-type: none"> <li>• One ball per Goaltender and player/coach.</li> <li>• Goaltender lines up a few yards from player/coach.</li> <li>• Player/Coach bounces the ball towards the Goaltender.</li> <li>• The Goaltender is to react and save the ball.</li> </ul>
Modifications	<ul style="list-style-type: none"> <li>• Increased velocity of throwing the ball.</li> <li>• Players vary their distance to each other.</li> </ul>

