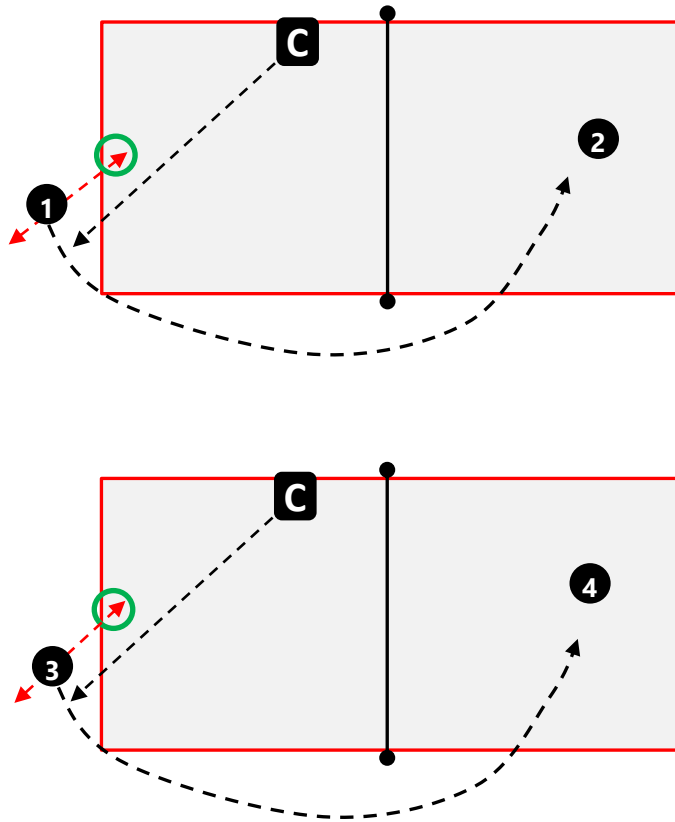


## Kids Ages 7-8: on a 36-foot Red court



### 24) Recover Drill

Level: Ages 7-8

This drill teaches young players the tactic of lobbing a shot to buy time.

Players on the coach's side stand near the center of the baseline by the red circle (home base).

The coach feeds that player a very wide shot that pulls him out of position.

The player must get to the shot and throw up a high lob (to buy time) and try to recover to home base (green circle) **before** the ball bounces on the other side of the court.

Player 2 will clap their hands at the exact moment the ball lands on the ground. This allows player 1 to hear the audio feedback and he will know if they made it back to home base in time.