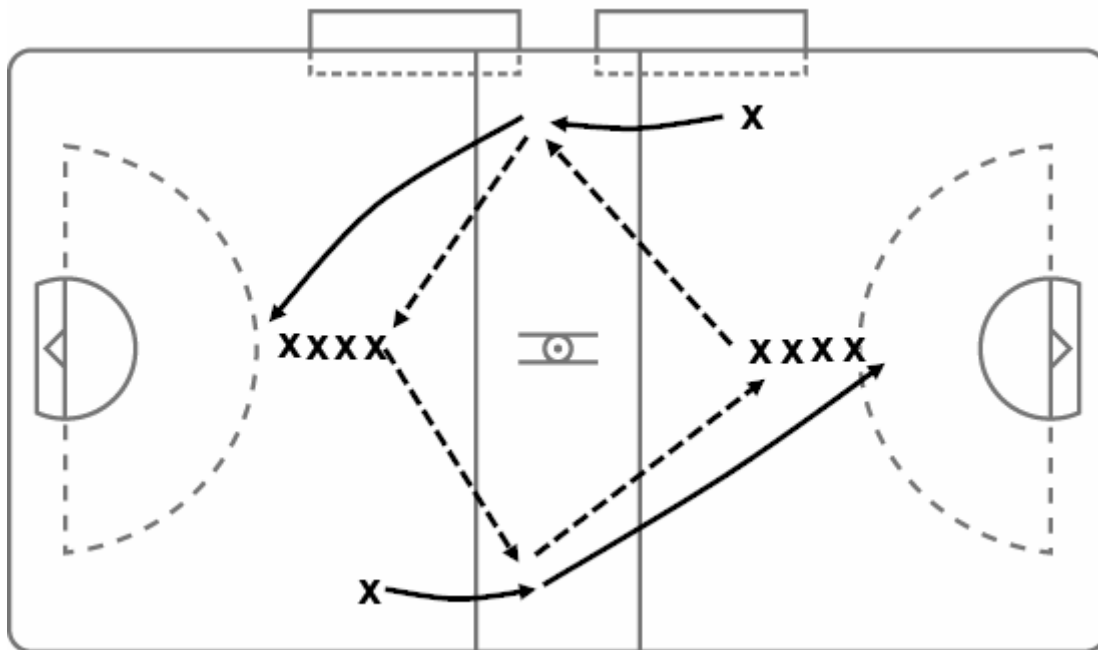


## Second Man Out Shuttle Drill



Players are divided into 2 opposing vertical lines.  
The second player in each line moves horizontally about 15-20 feet from the line.  
He/she receives a pass while he/she is running up the floor.  
After catching the ball, he/she passes to the other line and runs to the end of the opposite line.  
The process is continued.  
This is an excellent drill for catching while running.