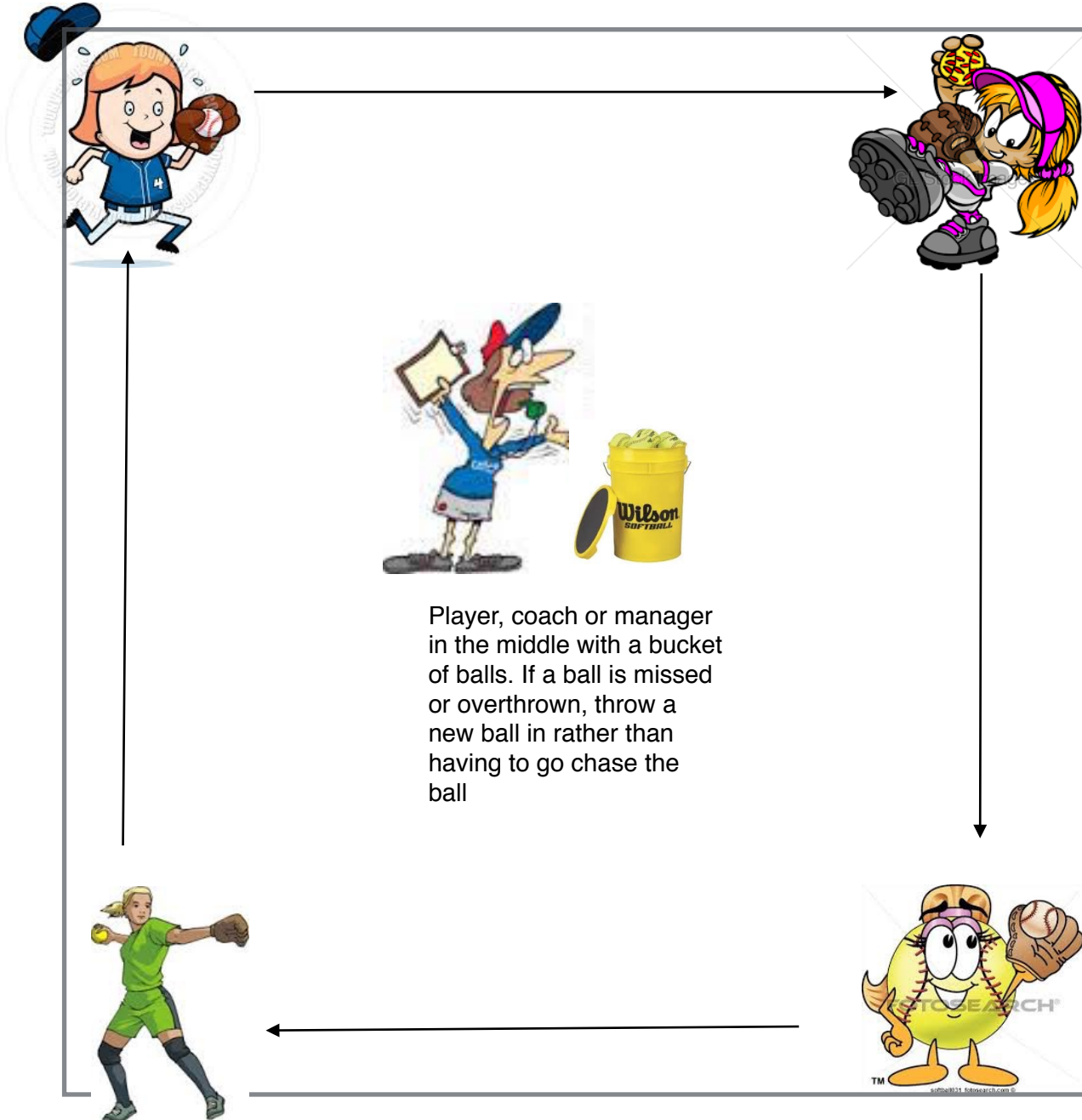


Thomas College Four Corner Drill

- Start throwing clockwise. After throwing, the player follows their throw to the next line.
- After everyone has returned to their original line, change the direction of counter clockwise, with the person catching the ball doing a reverse pivot (rotating left 270) to throw.
- Again, after everyone has returned to their starting position, using one ball, make 50 throws (clockwise) in under 1 minute and 30 seconds.

One ball starts here



One ball starts here