

## LINE MASTER

### PURPOSE

To improve hand-eye coordination while forcing players to think ahead

### EQUIPMENT

Two soft-covered balls or tennis balls, gloves

### TIME

6 to 8 minutes

### PROCEDURE

1. All players line up next to each other in a straight line. Make sure there is adequate space between each player.
2. One player steps out 10 to 15 feet from the line and moves to the center, facing the other players.
3. The player facing the line is the "line master" and has one ball.
4. The first person at the end of the line to the line master's right also has a ball.
5. When the coach says, "Go," the line master throws to the second person in line as the first person in line throws the ball to the line master.
6. This drill continues down the line and back again until the two balls return to their original handlers.
7. After one go-round, rotate everyone down the line. The first person in line becomes the line master, and the line master moves to the end of the line.
8. If you have more than 10 players, divide the group into two teams.

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### KEY POINTS

1. Line master teaches players to think ahead. They must know where the ball is coming from and know ahead of time where they will throw.
2. This drill tests eye-hand coordination. You will see a noticeable difference in the players' reaction times during the course of the year if they practice this drill regularly.
3. Use soft-covered balls, especially if the team is young or it's early in the season.

