

### 3. SQUARE UP DRILL

*To accelerate forearm & wrist and improve fingertip action*



This is a natural progression from the Wrist Drill, as now we add arm movement to the snap of the wrist. Face a partner from about 25 -30 feet away. Place feet shoulder-width apart, neither foot forward. Bring your arm back and throw forward without any body movement. Focus on creating extreme wrist action so as to pop the ball. Spin the ball hard enough that you can hear it whirl. As the ball is released from the fingers, you should also be able to hear a sharp tick or click; that indicates good fingertip action.



This drill can also be done starting with a closed shoulder. ▶