Plyoball Drill Chart

|  |  |  |
| --- | --- | --- |
| Style | Drill | Focus |
| Arm Care | Reverse Throws | Shoulder Conditioning |
| Arm Care | Upward Toss | Shoulder Conditioning |
| Arm Care | Rebounders | Arm Conditioning/Decel |
| Arm Patterning | Pivot Picks | Arm Path, Positive Disconnection |
| Arm Patterning | Oppo Knee Throws | Arm Swing, Positive Disconnection |
| Movement Patterning | Roll Ins | Separation, Lead Leg Blocking Timing, Rhythm |
| Movement Patterning | Walking Wind-ups | Rhythm, Tempo, Direction |
| Movement Patterning | Rock Backs | Rockers, Tempo, Rear Loading |
| Movement Patterning | Step Backs | Rear Loading, Ground Force, Direction |
| Movement Patterning | Quick Picks | Rotation, Direction, Arm Swing |
| Movement Patterning | Hook-ems | Rear Loading, Direction, Tempo |
| Movement Patterning | QB Drops | Rear Loading, Athleticism, Direction |
| Movement Patterning | Kneeling Get Ups | Lead Leg Blocking, Separation, Arm Swing |
| Movement Patterning | Lateral Bounds | Tempo, Rhythm, Ground Force, Rear Loading |
| Movement Patterning | Reverse Kneeling Quick Picks | Athleticism, Rotation, Ground Force, Arm Swing |
| Movement Patterning | Double Loads | Tempo, Rhythm, Youth Delivery Drill |
| Intent | 1 Hop | Rear Loading, Ground Force |
| Intent | Shuffle Throws | Rhythm, Tempo |
| Intent | Double Hop | Ground Force, Rear Loading |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |