

Long Snapping Drill

Free Floating Grip Drill

Hold the ball in one hand, slightly below the waist, arm hanging down with the wrist bent naturally, holding the ball so the hand is almost parallel to the ground. Grip the ball with five fingers slightly behind the middle of the ball. Flex elbow slightly, bringing ball up to 4-8 inches. As it comes up, let go of it completely with the hand and then re-grip before the ball starts down very much. Do not slap at the ball but gently re-grip it with the passing hand then with the guide hand. Continue re-gripping the ball and alternating hands for one minute, increasing the speed of the release and re-grip as you become better at the drill.