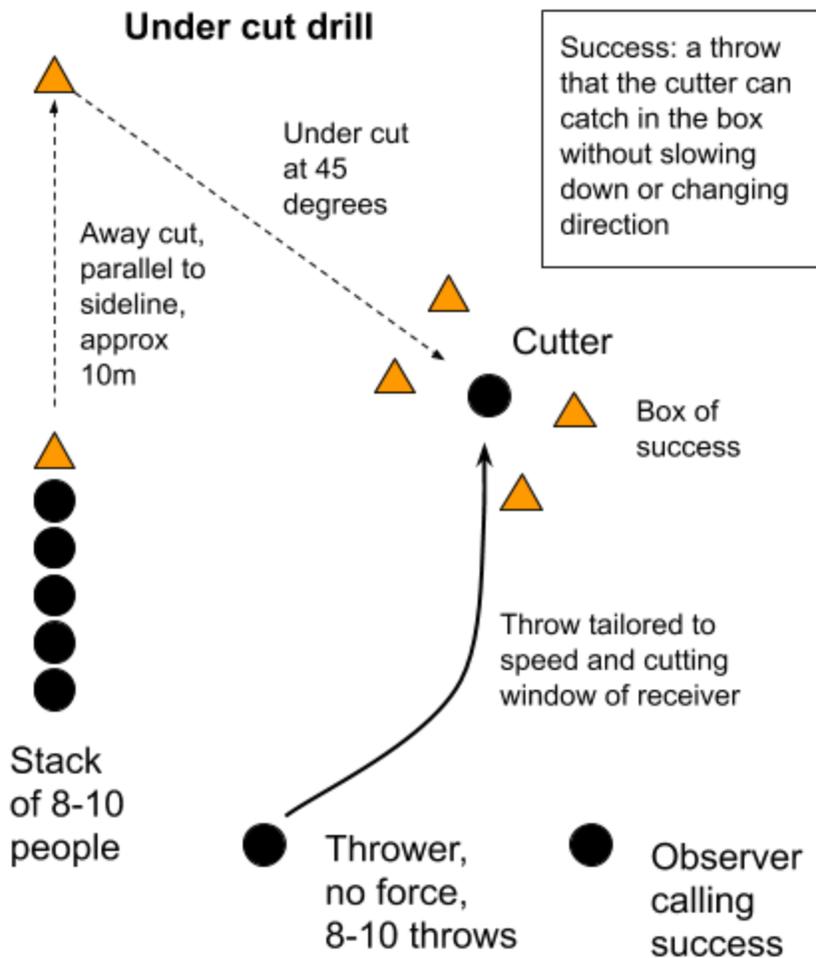


## Drill explanation: The Box of Success

In this drill, one player is a static thrower without a force and throws a pass to everyone else on their team. The other players in the drill, in turn, make an away and 45 degree under cut and receive the disc. There is a box of cones that the cutter must catch the disc within.

Success for the cutters is making a clear cut at full speed with a good change of direction that passes through the box of cones. Success for the thrower is making a pass that the cutter can catch within the box without having to slow down or change direction.

The aim is to give players an opportunity to practice recognising the speed and catching window of their receiver and throwing precisely to them. Particularly in mixed-gender situations, this drill helps throwers pay attention to the varying heights and speeds of their cutters, with the hope of increasing everyone's ability to recognise open players.



#### Set up:

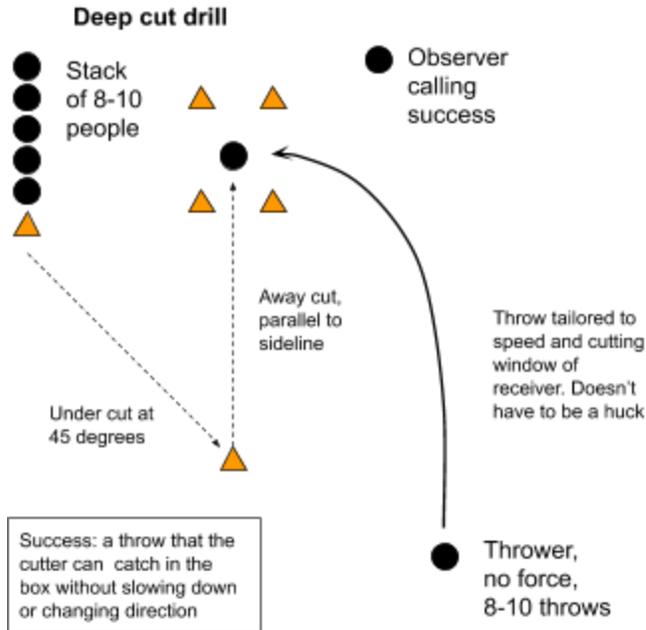
- Groups of 8-10 people per drill, with a mix of genders if possible
- One thrower, without a force, throwing 8-10 throws in a row (one to each other player)
- Everyone else in a stack 5 metres ahead of them
- One at a time, cutters make big away cut (10 metres) then come under at 45 degrees full speed
- Thrower aims to hit them so they can catch the disc within a box of cones
- The box of cones needs to be laid out well so that it is a realistic cut (it's worth setting up and testing before the drill)
- A leader stands by the box and indicates whether the thrower was successful
- Everyone cycles through throwing, then switch throwing sides (forehand and backhand)
- This drill will take about half an hour in groups of 10, slightly longer in larger groups and shorter in smaller groups

#### Success:

- Success for the cutters is making a clear cut at full speed with a good change of direction that passes through the box of cones.
- Success for the thrower is making a pass that the cutter can catch within the box without having to slow down or change direction.

## Variations on this drill

**Deep:** cutters make an under and deep cut.



**Break:** cutters make the same away and undercut, and throwers must break the mark

