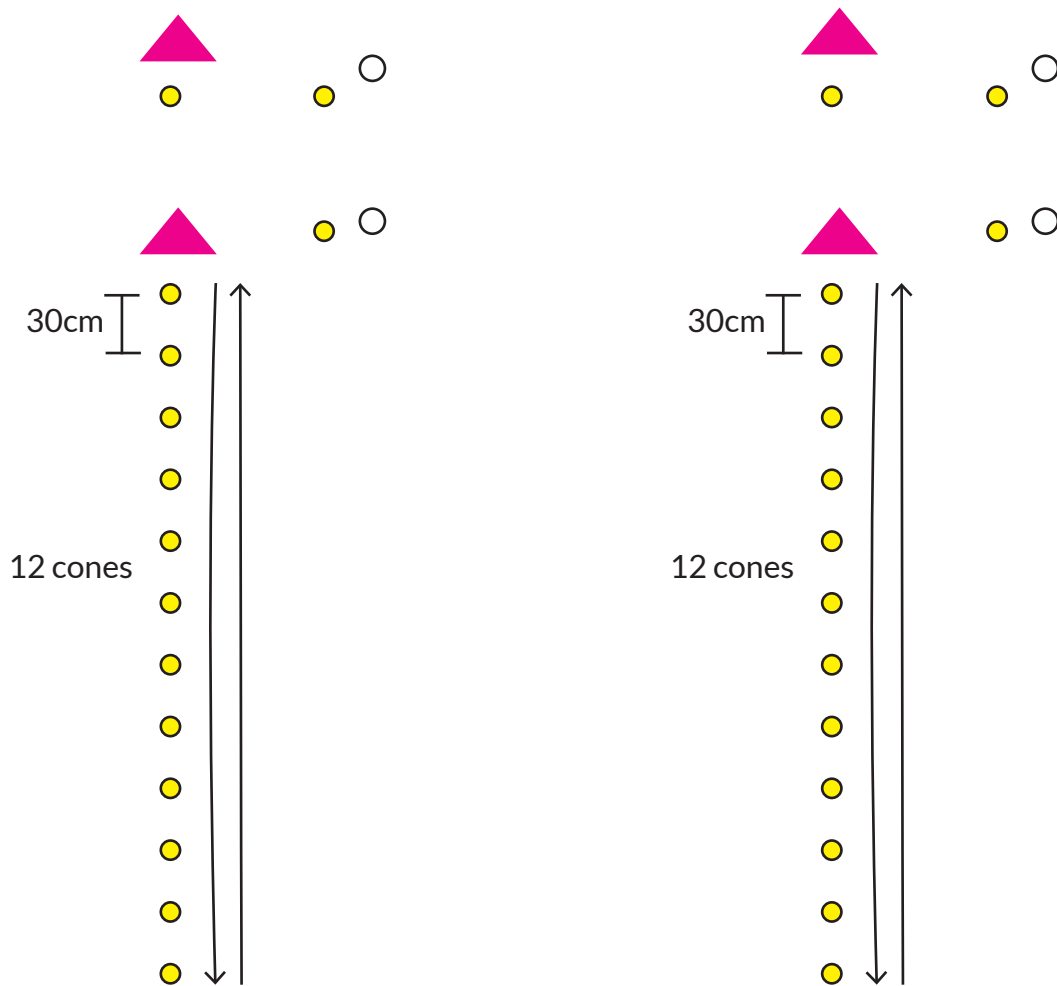


Fast Feet



Drills

- + High Knees (1 foot lands between each cone, turn and repeat back to start)
- + BALL: Toe Taps (100 as fast as possible)
- + Lateral (Sideways, move both feet in between each cone)
- + BALL: Penguin Feet (100 as possible)
- + Lateral Forward and Back (In and out of cones, shuffle sideways)
- + BALL: Inside/Outside (60 as fast as possible)
- + Lateral 3 up 2 Back
- + BALL: Juggles (Keep the ball low to complete 80 as quickly as possible)

Coaching Points

- + Aim to move feet as fast as possible, swap with team mate after going there and back