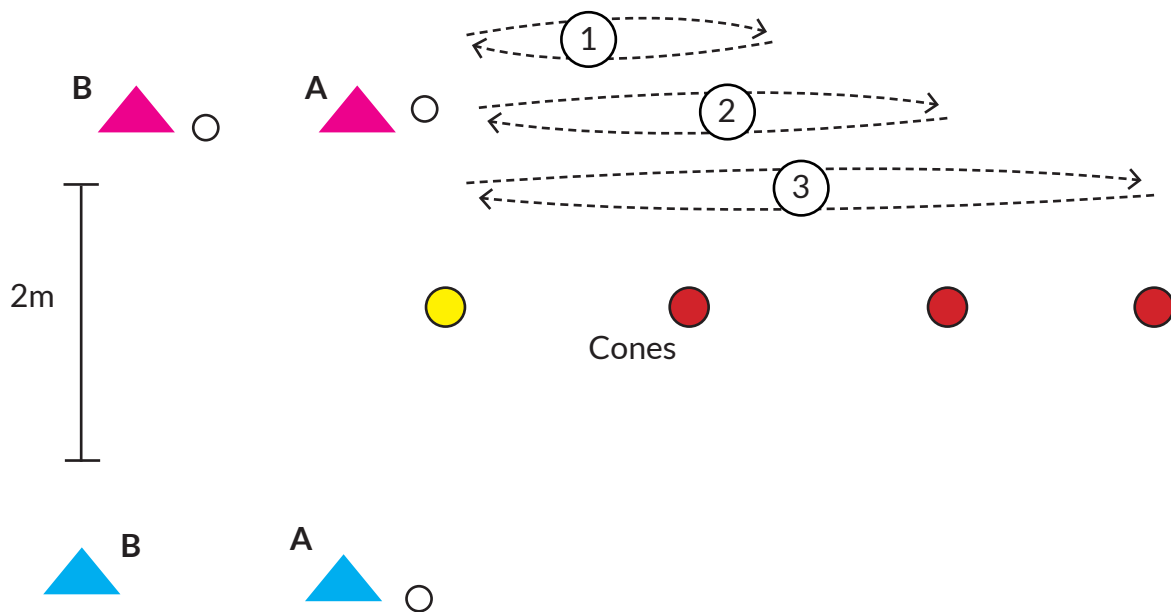


Ball shuttles



Drill

- + In groups of four A dribbles to the first cone, pulls a turn and back to the start
- + A then dribbles to the second cone and back
- + B repeats the same exercise

Coaching Points

- + Keep the ball under control at all times
- + Try to turn as sharply as you can
- + Compete with the other players, challenge yourself