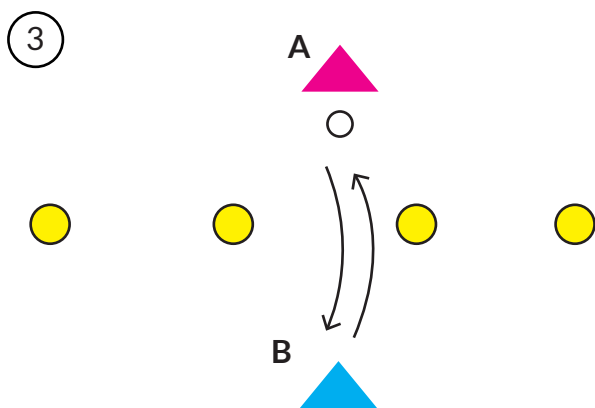
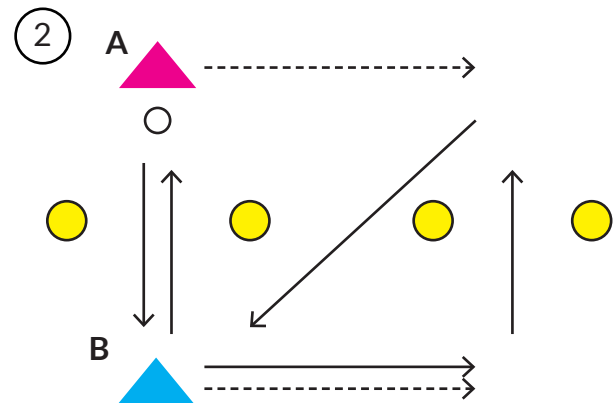
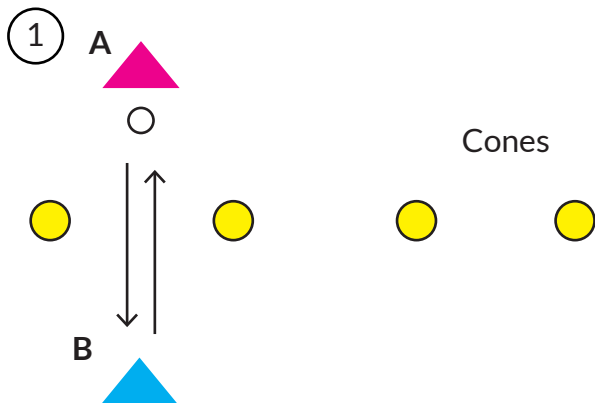


Four cones



Drill

- + ① One-touch between A and B through two cones (P₁ Alternate feet)
- + ② Maximum three touches, players can move the ball and play through any cones (P₁ Maximum two-touch)
- + ③ Use the cones as a net, allowed one bounce (P₁ No bounce, P₂ Alternate feet)

Coaching Points

- + Aim to get the highest possible sequence without it breaking down
- + Lots of quick, small adjustments to get body position right before proceeding
- + Stay on the balls of your feet