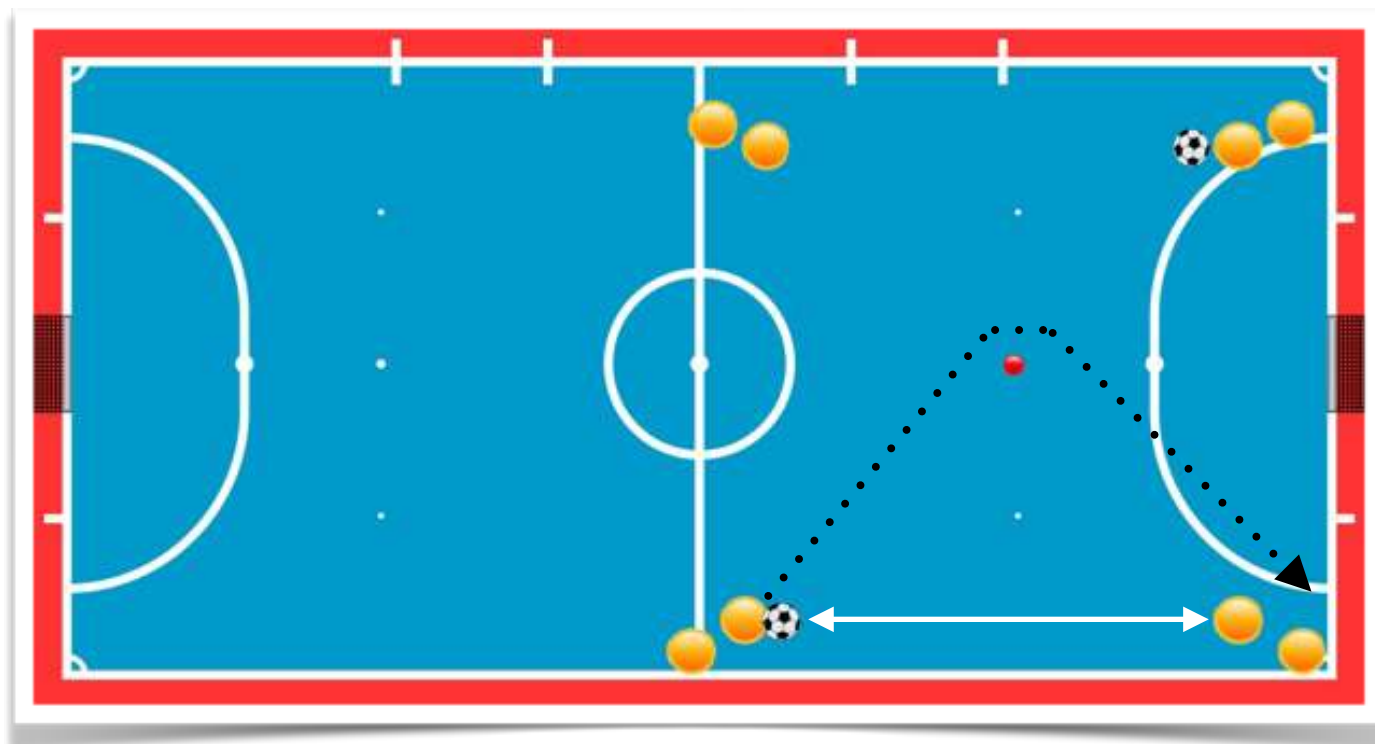




Passing and Conditioning

Players pass to the player opposite them and run around the cone in the middle joining the back of the line that they passed to. The pattern repeats from the other side.

Focus:

- First touch techniques
- Passing and control
- Quick movement and awareness

Notes:

