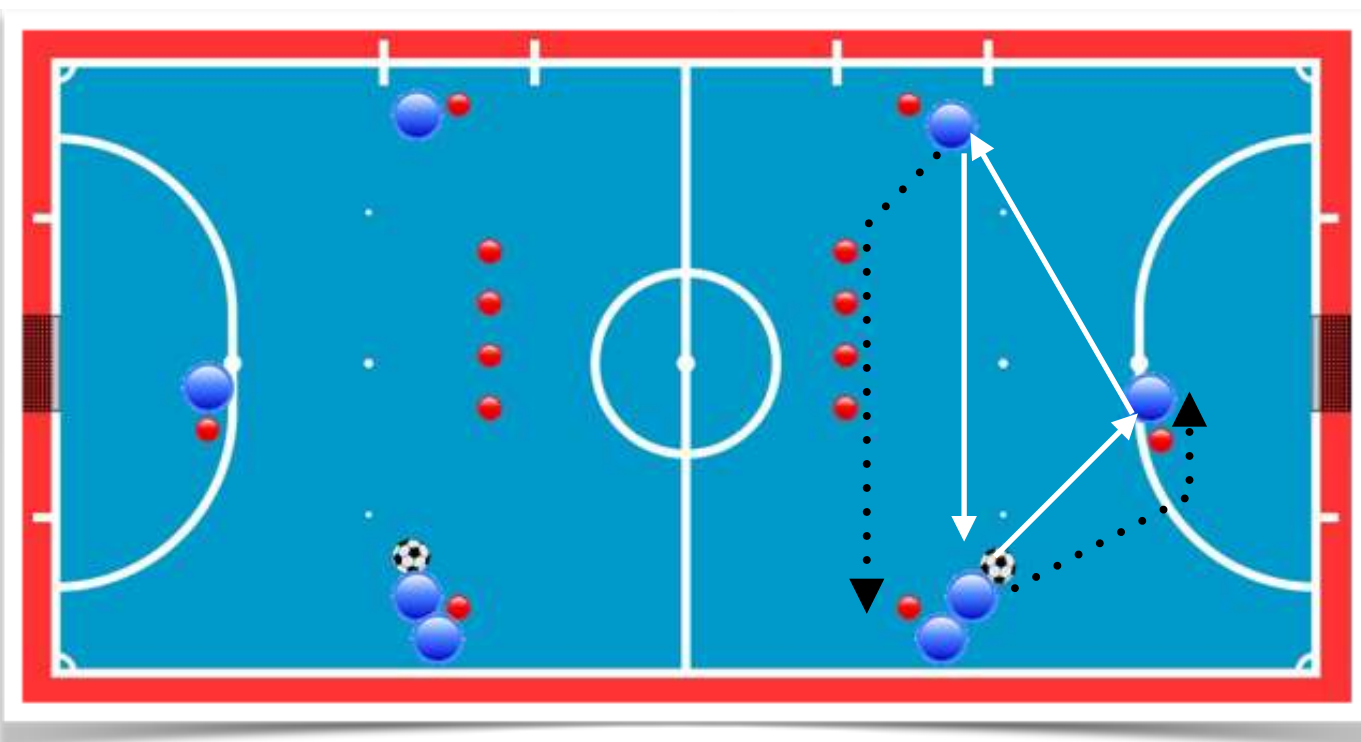




Quick passing and Footwork

Players pass and follow their pass to each cone, the player making the long pass down the line back to the start performs a fast footwork/agility technique through the cones before joining the start line.

Focus:

- Pass accuracy and weight
- Control technique
- Movement off the ball
- Technique over speed through the cones

Notes:

