

2 X BOX DRILLS

GOOD FOR FOREHAND DRIBBLING
AND PUSH PASSING, AND RECEIVING ON THE MOVE

LINE OF PLAYERS HERE



AND PUSH PASS

FOREHAND DRIBBLING

FOREHAND DRIBBLING

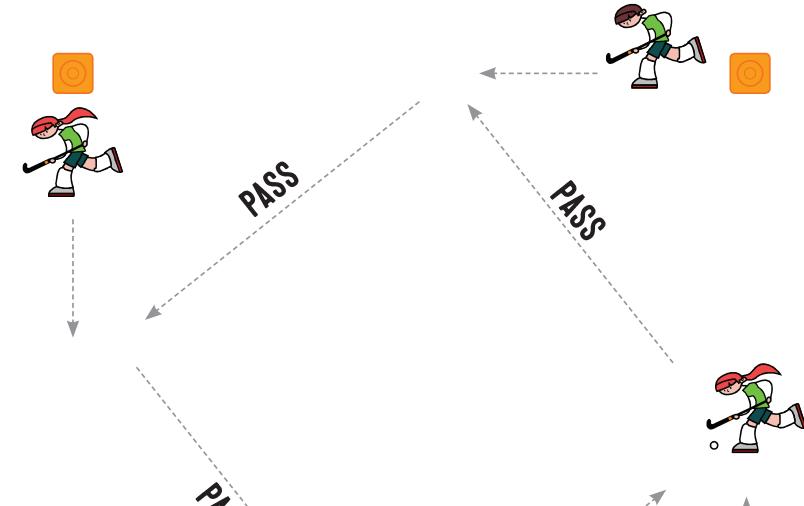


AND PUSH PASS



LINE OF PLAYERS HERE
(1 BALL TO SHARE)

FOREHAND DRIBBLE TO THE CONE
AND PUSH PASS TO THE NEXT PLAYER



PASS INTO THE SPACE
RECEIVE ON THE MOVE

LINE OF PLAYERS HERE
(1 BALL TO SHARE)