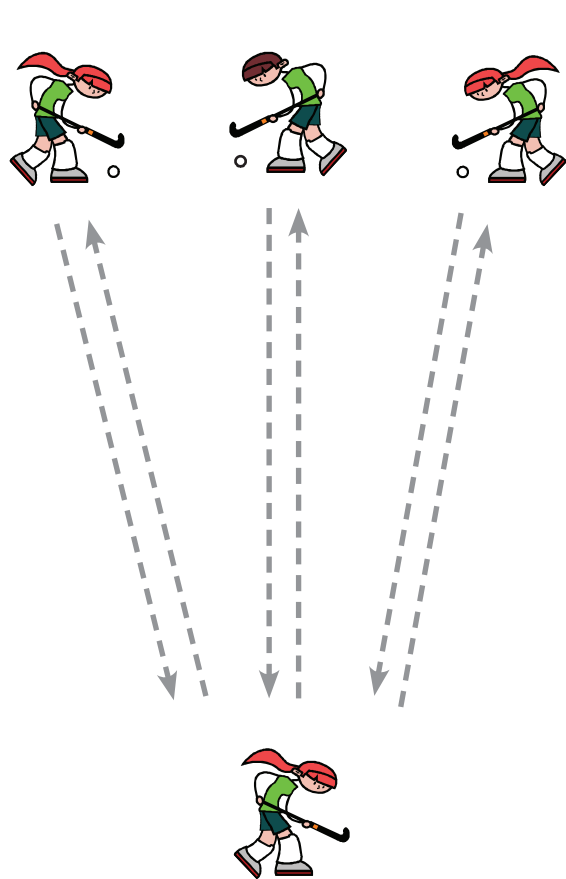


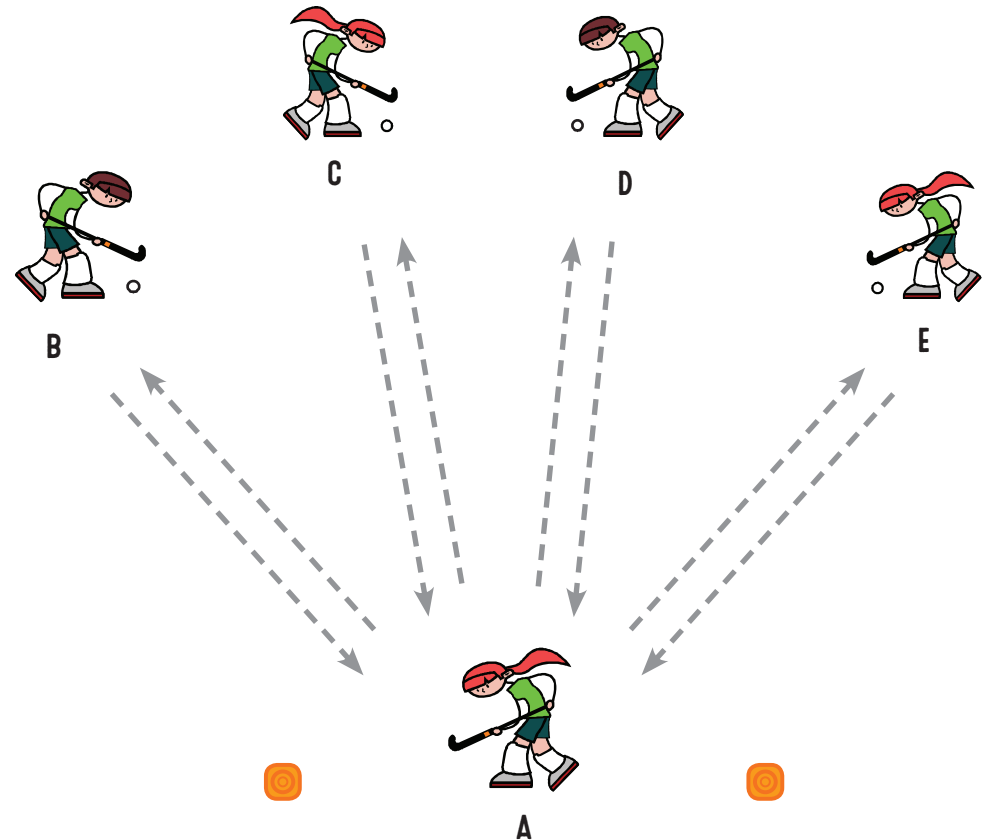
PASSING, RECEIVING & FOOTWORK



TARGET MAN

4 PLAYERS 3 BALLS - PLAYER ONE PASSES BACK AND FORTH TO EACH PLAYER IN TURN. THIS DRILL DEVELOPS FOOTWORK AND CONTROL WHEN RECEIVING THE BALL

variation: COUNT PASSES MADE OVER 30 SECONDS
COMPETITION AMONG GROUP



GOAL SHOOT

C,B,D,E HAVE A BALL EACH. B PUSHES OR HITS FLAT TRYING TO SCORE GOAL PAST A. A TRAPS BALL AND PUSHES BACK TO B. SAME OCCURS WITH C, D AND E. CHANGE, AND THE RECEIVER COUNTS THE GOALS SAVED
variation: YOU CAN WIDEN GOAL TO MAKE PLAYER A MORE MOBILE