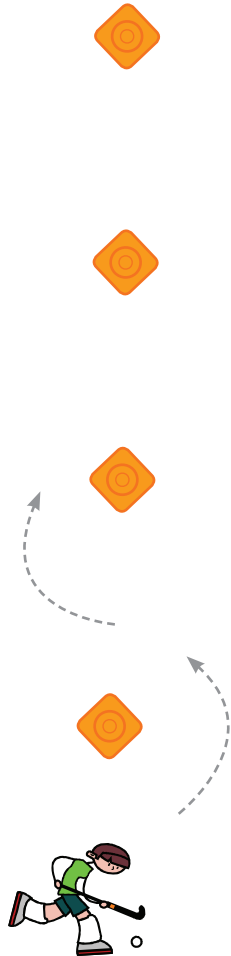


# 3 DRILLS FOR BEGINNERS



## FOREHAND WEAWE

STAY LOW, DRAG THE BALL BEHIND YOU  
WEAVE AROUND THE OUTSIDE OF THE CONES



## HIT THE TARGET

PLAYERS AIM TO HIT THE CONE BY DOING A  
SINGLE PUSH PASS. VARIATION: PLACE A SWEET  
UNDER THE CONE, WINNERS GET THE SWEET



## PASSING IN PAIRS

PUSH PASSING AND RECEIVING  
DISTANCE BETWEEN THE PLAYERS CAN BE  
INCREASED AS THEY GET MORE CONFIDENT