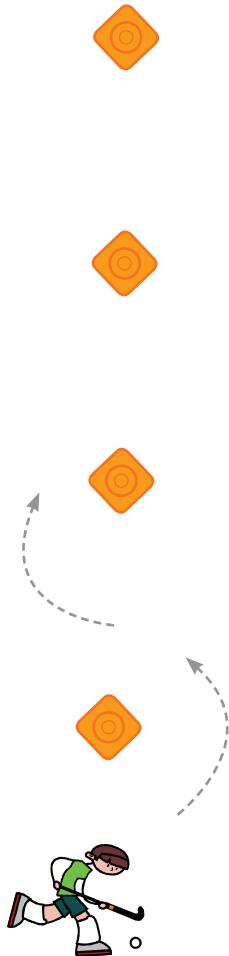


3 DRILLS FOR BEGINNERS



FOREHAND WEAVE

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