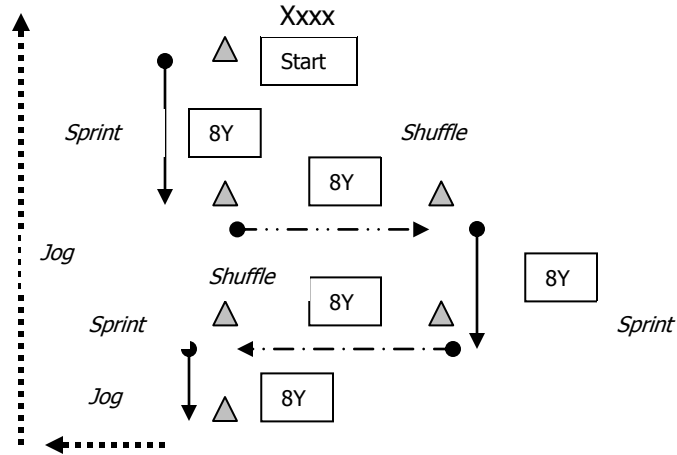
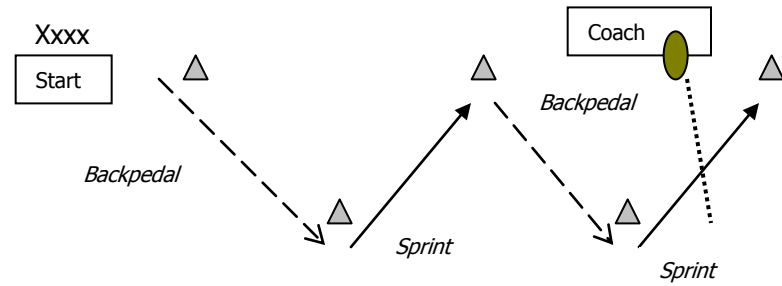


T Drill:  
 40 Age (Agility)  
 Drill focus: Sprinting and lateral direction change, Vision

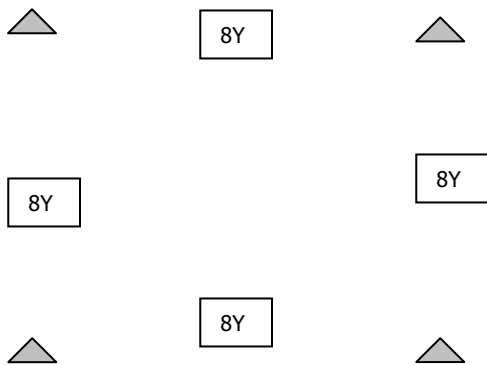


Drill:  
 W Shuffle  
 Drill Focus: Backpedalling and forward diagonal bursts, Vision



Ensure proper form while pedaling and sprinting  
 Breakdown, drop hips and touch cone at each break  
 At last break Coach should toss ball for "interception"

Drill;  
 Box Drill or 4 Corner  
 Drill Focus: Footwork  
 Incorporate: sprint, backpedal, cariocas, tumbling, shuffling, crabbing



Drill  
 Ladder Drill  
 Drill Focus: Foot speed, bursts, and agility

