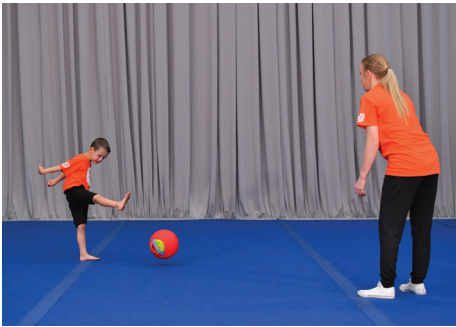


Description: Intro to Ball Wwork



Drill 1

Using a playground or soccer ball:

- Roll the ball to the athlete and have them kick it back
- By using your feet only, kick (dribble) the ball around cones

Supplies / Aids:

Video

Equipment Needed:

- Playground ball or soccer ball

Notes:
