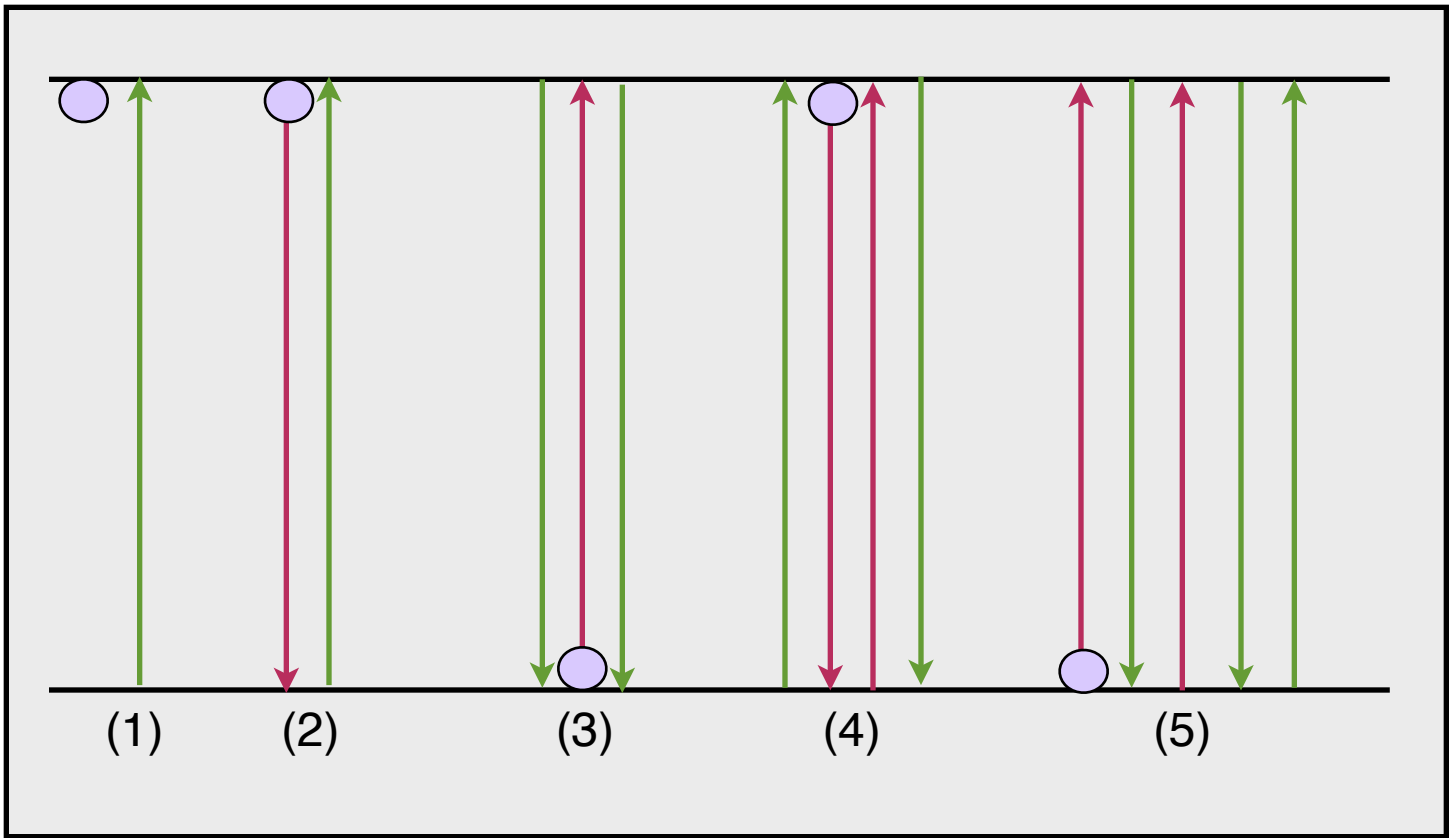


# SPEED, AGILITY & QUICKNESS



# “BALL CONTROL & AGILITY”



## LEGEND



### GRID SIZE:

(START & FINISH LINES DEPEND ON AGE AND/OR SKILL LEVEL OF PLAYERS)

+ UNDER-8S THROUGH UNDER-10S: 15 YARDS APART

+ UNDER-11S & UNDER-12S: 20 YARDS APART

+ UNDER-13S & UNDER-14S: 25 YARDS APART

+ UNDER 15S & OLDER: 30 YARDS APART

### DRILL PROGRESSIONS

(START WITH EACH PLAYER PLACING A BALL AT THE FAR LINE)

**RUN (1):** SPRINT FROM START LINE TO FINISH LINE

**RUN (2):** COLLECT BALL, DRIBBLE BACK TO START LINE, LEAVE BALL, SPRINT TO FAR LINE

**RUN (3):** SPRINT BACK TO START LINE, COLLECT BALL, DRIBBLE TO FAR LINE, LEAVE BALL, SPRINT BACK TO START LINE

**RUN (4):** SPRINT TO FAR LINE, COLLECT BALL, DRIBBLE TO START LINE AND THEN BACK TO FAR LINE, LEAVE BALL, SPRINT BACK TO START LINE

**RUN (5):** DRIBBLE TO FAR LINE, LEAVE BALL, SPRINT BACK TO START LINE, COLLECT BALL, DRIBBLE TO FAR LINE, LEAVE BALL, SPRINT TO START LINE AND THEN FINISH AT FAR LINE