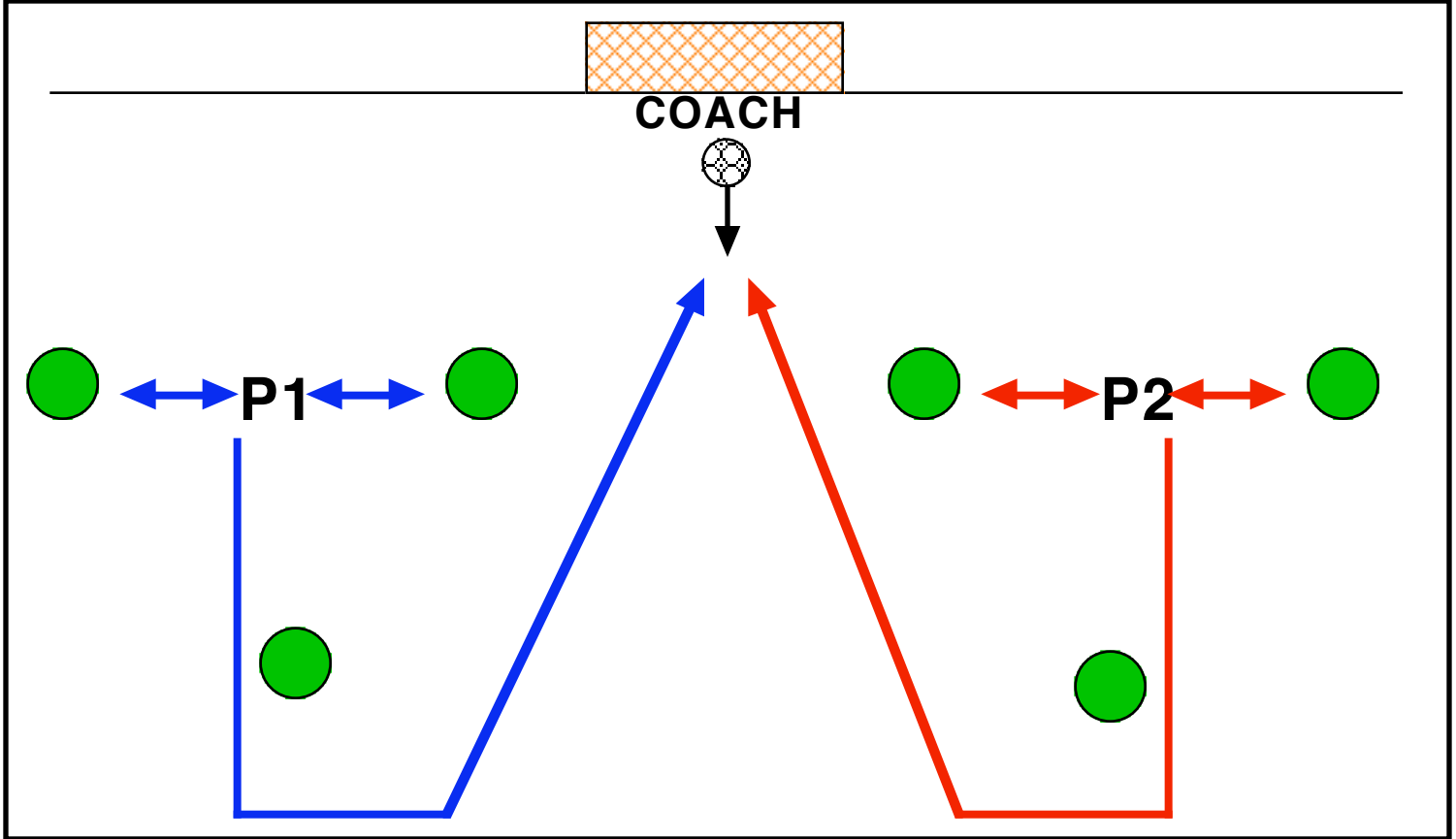


SPEED, AGILITY & QUICKNESS
Reactive Speed With A Ball: 1v1



"REACTIVE SPEED DRILL + FINISHING"

Setup: Cones should form 10-yard triangle

Drill:

- > Players line up between cones, facing the Coach who is standing in front of the goal with a ball
- > Each Player laterally slides/shuffles between the cones
- > The Coach says "Go" and rolls the ball out
- > Players must run around farthest cone to the ball and engage in a 1v1 to goal