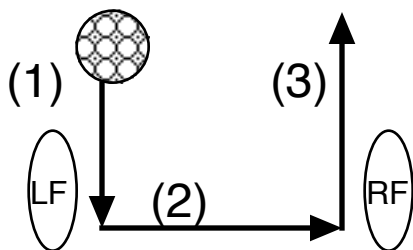


**QUICKFOOT BALL DRILLS #2:
"U" + Triangle Left/Right + Box 123**

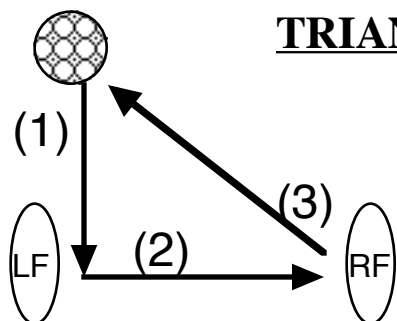
The following is Part 2 of a 2-part workout session with the ball. Each exercise is designed to improve a player's footwork and ball-control ability. Each should be done for 30-60 seconds.



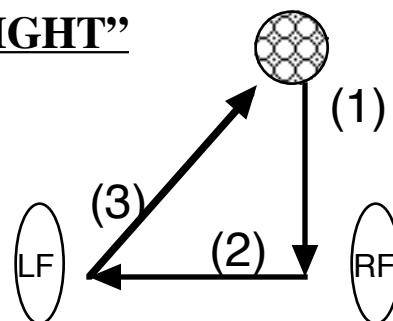
THE "U"

SETUP: Ball 1-2 feet in front of Left Foot
DRILL

- (1) Pull ball back with sole of Left Foot
 - (2) Touch ball to right with inside of Left Foot
 - (3) Touch ball straight forward with laces of Right Foot
- > Repeat process, starting with Right Foot



TRIANGLE "LEFT" & "RIGHT"



SETUP: Ball 1-2 feet in front of Left Foot

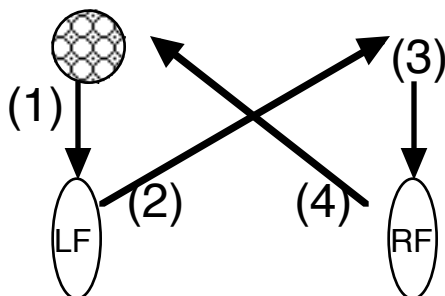
DRILL

- (1) Pull ball back with sole of Left Foot
- (2) Touch ball to right with inside of Left Foot
- (3) Touch ball diagonally back to left with inside of Right Foot

SETUP: Ball 1-2 feet in front of Left Foot

DRILL

- (1) Pull ball back with sole of Right Foot
- (2) Touch ball to left with inside of Right Foot
- (3) Touch ball diagonally back to right with inside of Left Foot

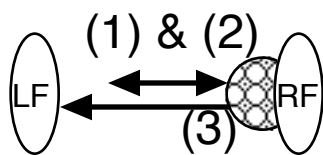


"X-BOX"

SETUP: Ball 1-2 feet in front of Left Foot

DRILL

- (1) Pull ball back with sole of Left Foot
- (2) Touch ball diagonally right
- (3) Pull ball back with sole of Right Foot
- (4) Touch ball diagonally left



"BOX 1-2-3"

SETUP: Inside of Right Foot on outside of ball

DRILL

- (1) Without taking your foot off the ball, roll the ball to the left, going from the outside of the Right Foot, to the sole of the Right Foot, to the outside of the Right Foot
 - (2) Now roll the ball back to the right again without taking your foot off the ball, returning to your starting position
 - (3) Touch the ball to the left with the inside of the Right Foot
- > Repeat the process, now starting with the Left Foot