



ACTION:

On the coaches instruction player work around the cone a 'quarter turn' at a time.

Types of move to use:

- Side Step
- Drag - Scissors
- Step Over
- Shimmy
- Double Scissors
- Shimmy Step-over

See Moves Demo page for explanation of moves

TIPS:

Keep the ball under control at all times.
Sharp, quick movement.
Good balance.

NOTES:



MOVES

SET UP:

Set out grid as above with approx 5yd spacing between cones.
One player at each cone with a ball