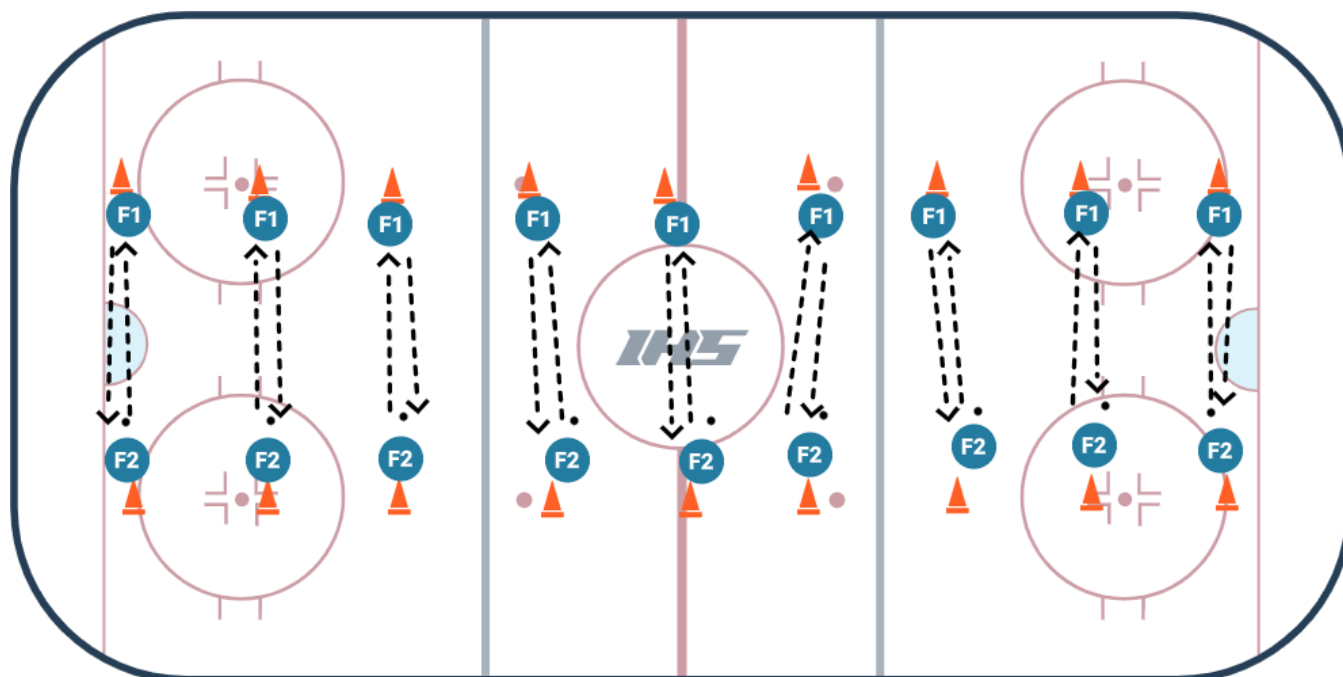


Stationary Passing U8-U12



Description

18 cones required (18 players) / have extra balls around to give to each pair when they miss/lose a ball instead of chasing it down

- have each player stand at a cone with 1 ball between each pair
- work on stationary passing stick to stick
- pass for 3-4 mins then take a 1 min break to regroup/refocus(players stay at their cone)
- continue passing for another 3-4 mins