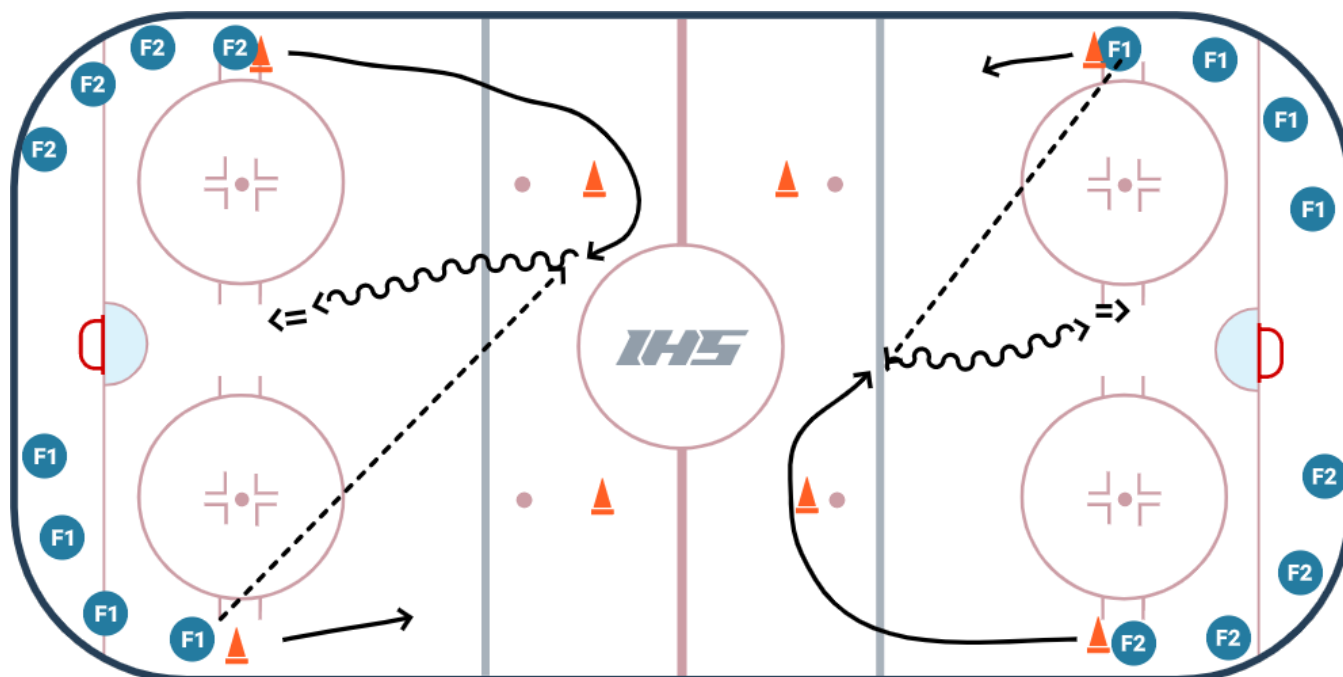


Passing and Shooting U8-U12



Description

- split into 4 lines using cones at both ends of the floor
- player 1 will leave the cone on the whistle(coaches go) and run up into the neutral zone and around the cone back towards the middle of the floor
- player 2 will pass to player 1
- player 1 will enter the slot area and take a shot
- player 2 will leave after making the pass and repeat the drill
- 5-6 reps each player