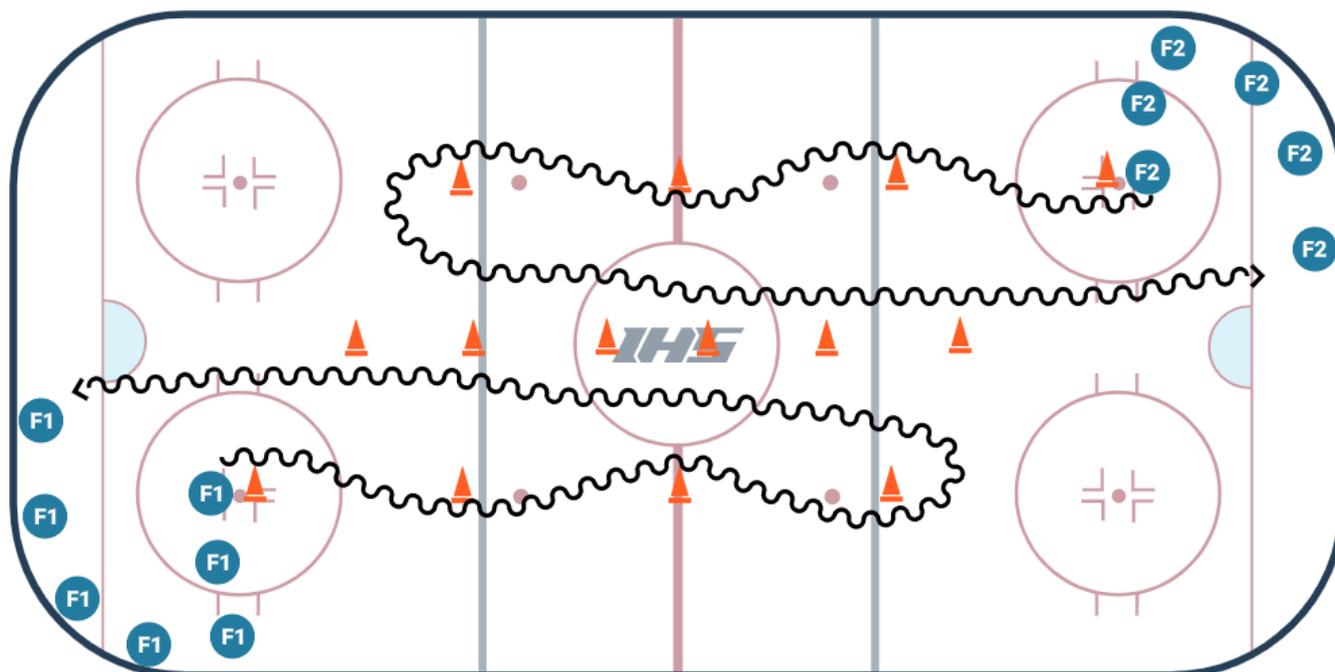


Ball Control U8-U12



Description

- split into 2 lines, socially distant opposite ends of the rink
- players run up the floor, weaving through the cones while controller their ball
- run back to where they started and repeat 3-4 reps