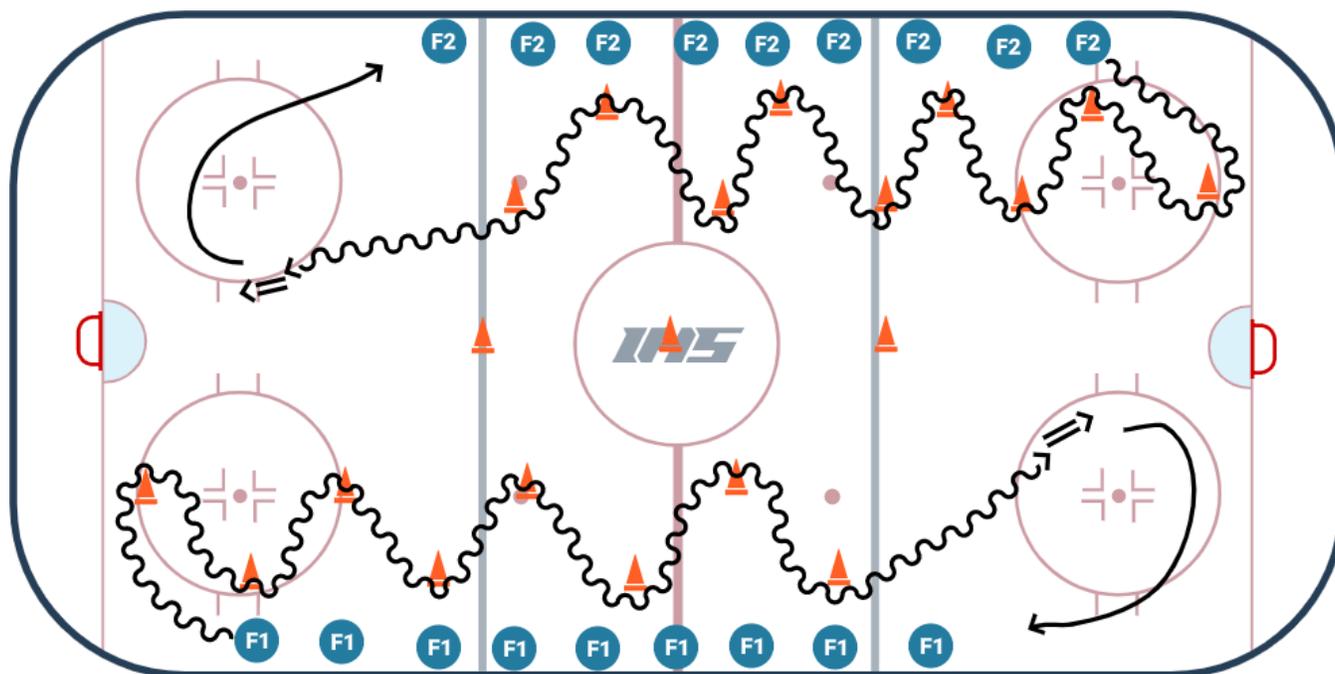


## Ball control U14 -U19



### Description

- set up 5 cones in similar pattern on both sides / split players into 2 groups at opposite ends of rink
- on whistle send both sides at the same time, running the pattern then lining up again in the same line
- ball control / lateral movement / finish with a shot on net
- 3-4 reps each