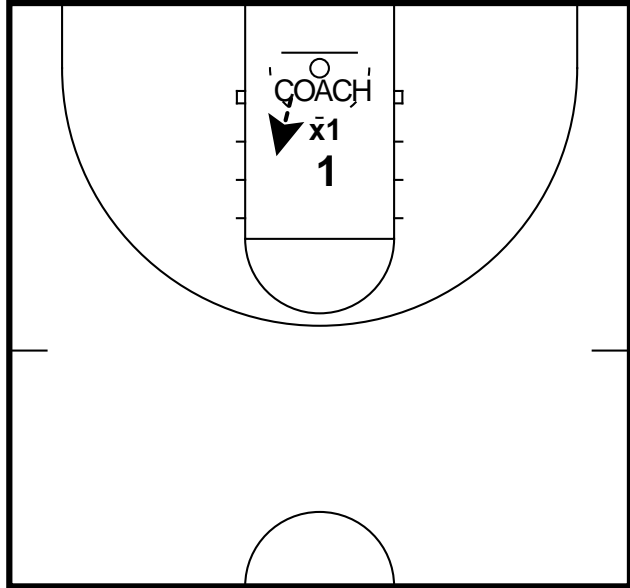


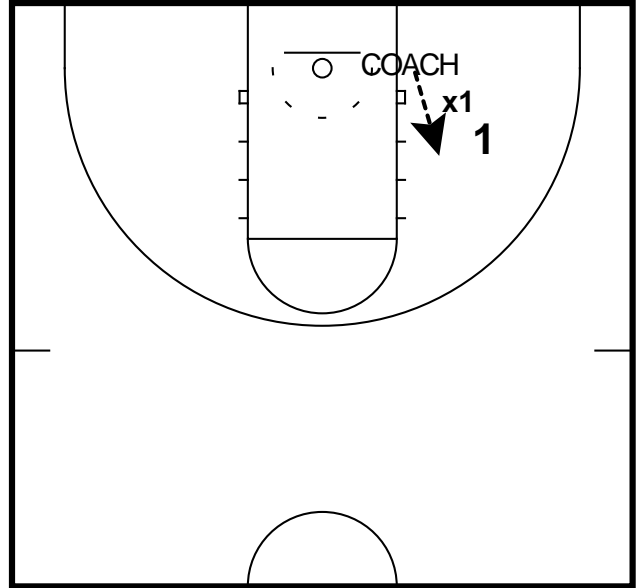
Bethel

FIND YOUR FEET 1 - 1
INDIVIDUAL SKILLS



Defender is facing offensive player
Coach bounces the ball to either the right or left side
Offense must aggressively step with corresponding foot
Good quick decision making drill

FIND YOUR FEET 1 - 1
INDIVIDUAL SKILLS



Same drill from the side