



Practice Builder



Team: _____

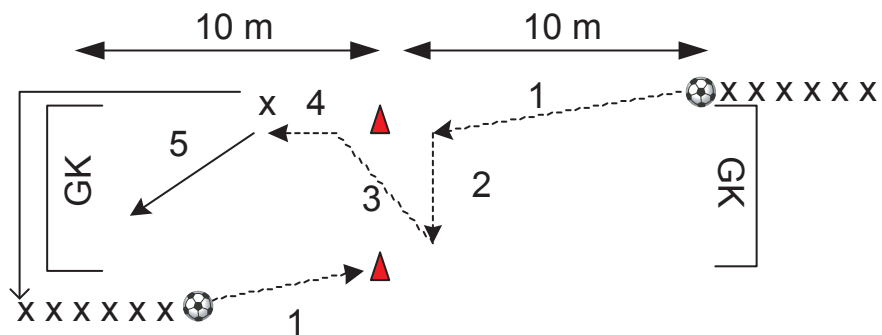
Date: _____

Technical Skill

Things to observe: _____

Notes: _____

Technical 1: Change of Direction Dribble and Shoot. (15min)



1. x dribbles ball to cone
 2. x changes direction and dribbles to opposite cone
 3. x changes direction and dribbles diagonally across, wide of the net.
 4. x sets up shot with one last touch
 5. x shoots and runs to end of opposite line
- Both lines do drill at same time avoiding collision at center by looking up.