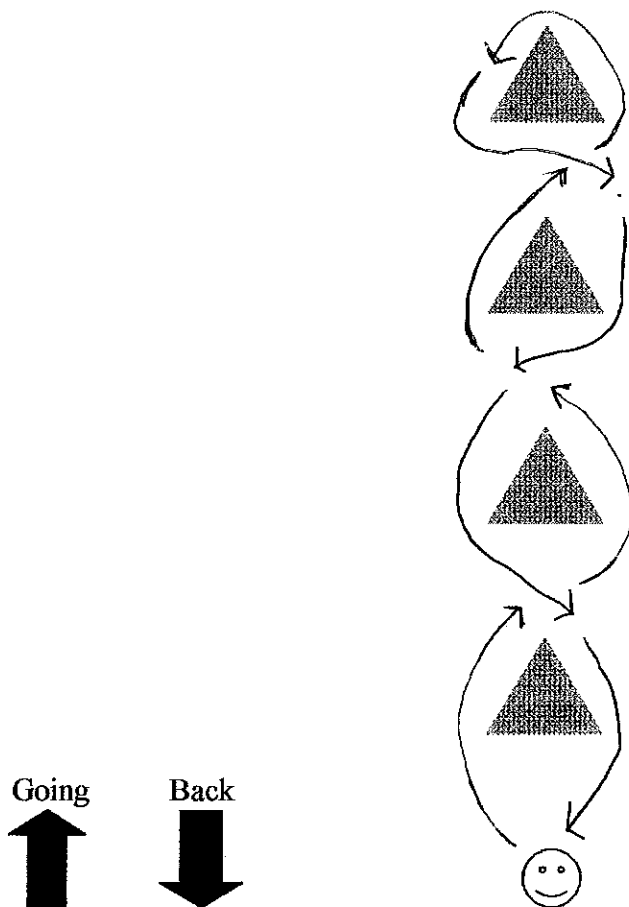


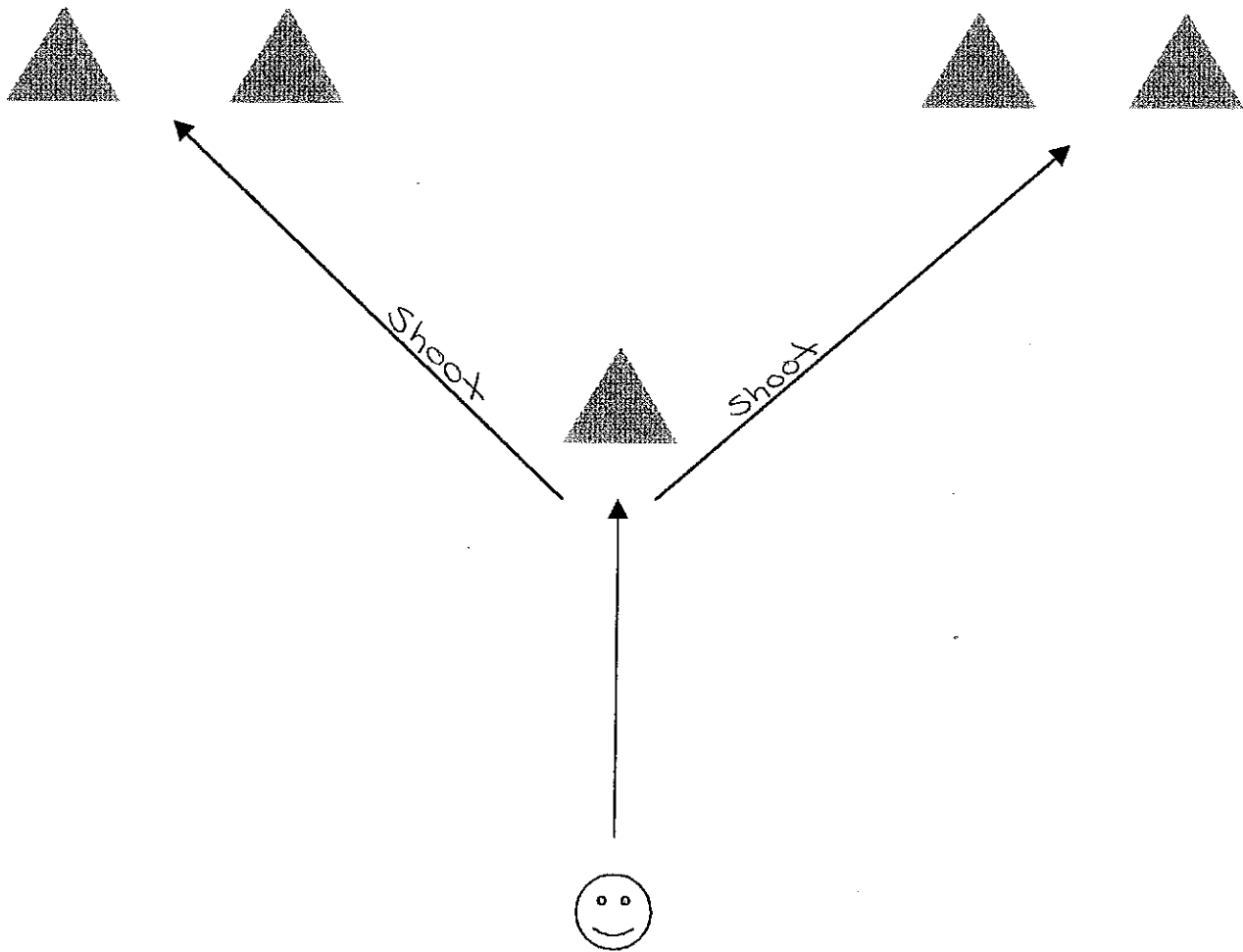
STATION 1

Dribble Through cones – Partner 1 will dribble the football through the cones using the hockey stick. Partner 2 will time the partner to see how fast they can go through the cones. Then switch so that partner 2 will go through cones and partner 1 will time.



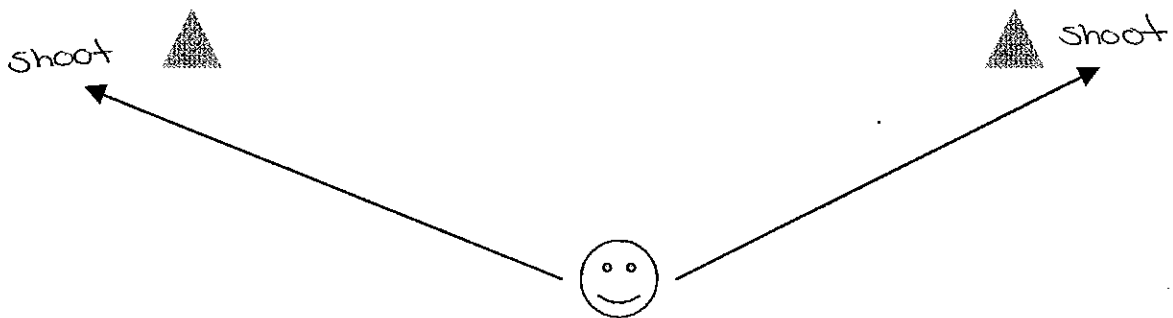
STATION 2

Dribble & Shoot – Partner 1 will dribble the ball to the cone and go either right or left of the cone and shoot the puck into the two cones. Then partner 2 will try.



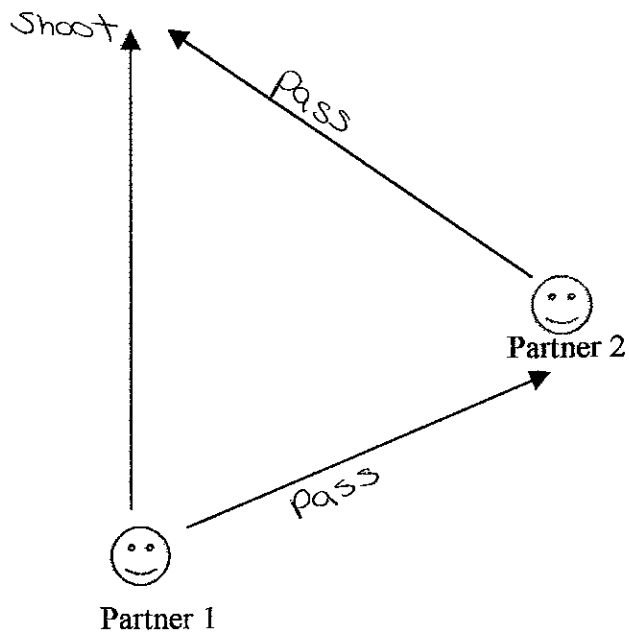
STATION 3

Dribble & Shoot at targets – Partner 1 will dribble the ball to either the right cone or left cone then shoot the ball at the targets on the wall. Then Partner 2 will try.



STATION 4

Pass & Shoot – Partner 1 will pass the ball to partner 2, which will be on the right or left side. Partner 2 will then pass the ball back to Partner 1, which will then shoot at the net. Then switch so that Partner 2 is shooting and Partner 1 passes.



STATION 5

Dribble, Pass & Shoot – Partner 1 dribbles the puck through the cones and then passes the ball to Partner 2. Partner 2 then passes the ball back to Partner 1 who then shoots the ball towards the net. Then switch so that partner 2 is shooting and partner 1 is passing the ball.

