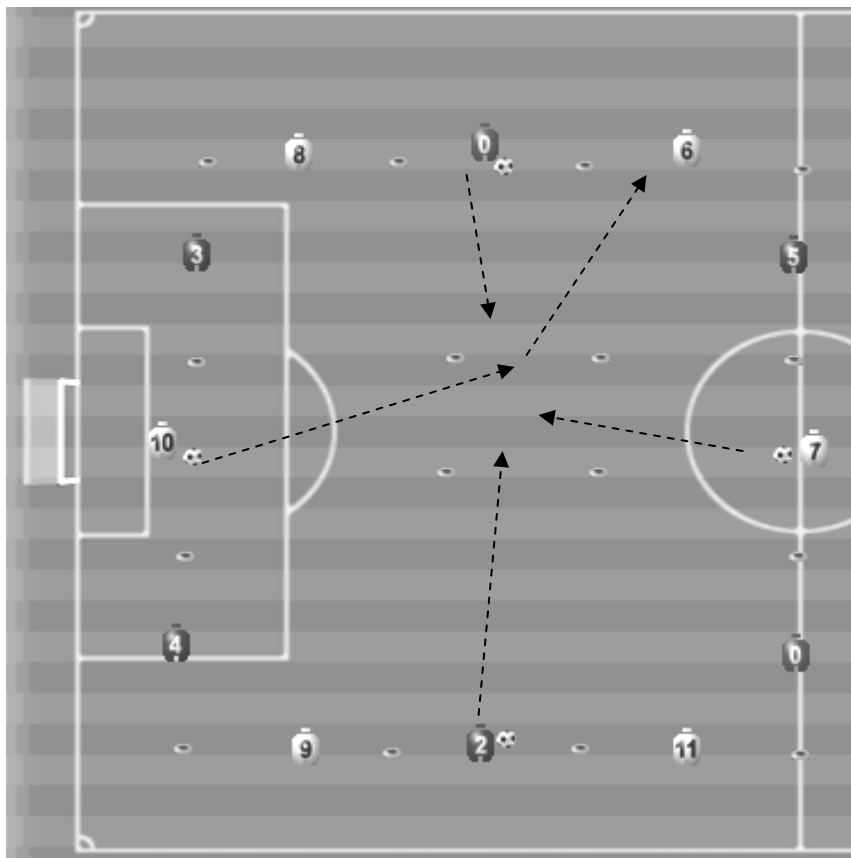




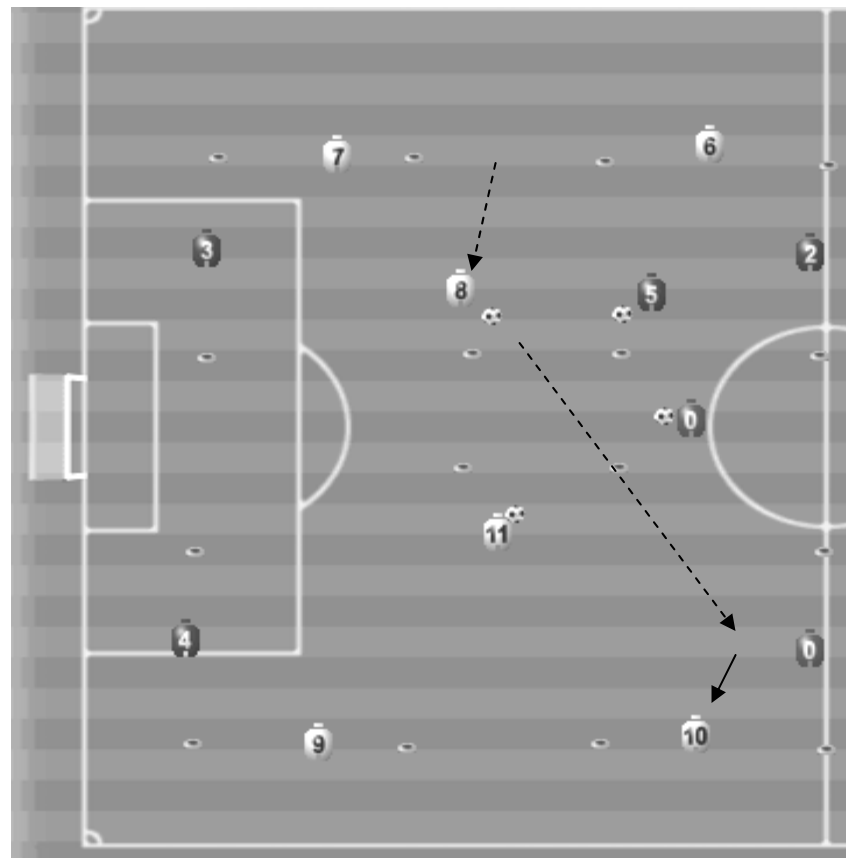
## Warm-Up # 6 Dribbling



### Setup and Sequence

1 ball between 3 players for dribbling  
Players slowly dribble towards inside grid then speed up (after leaving grid)  
towards player on the outside.  
Players transfer the ball using a take-over.  
Continue

## Warm-Up # 6 Passing



### Setup and Sequence

1 ball between 3 players  
Players slowly dribble towards inside grid then speed up (after leaving grid)  
towards player on the outside.  
Players transfer the ball using a short pass  
Continue.  
Progress to transferring the ball using a long pass