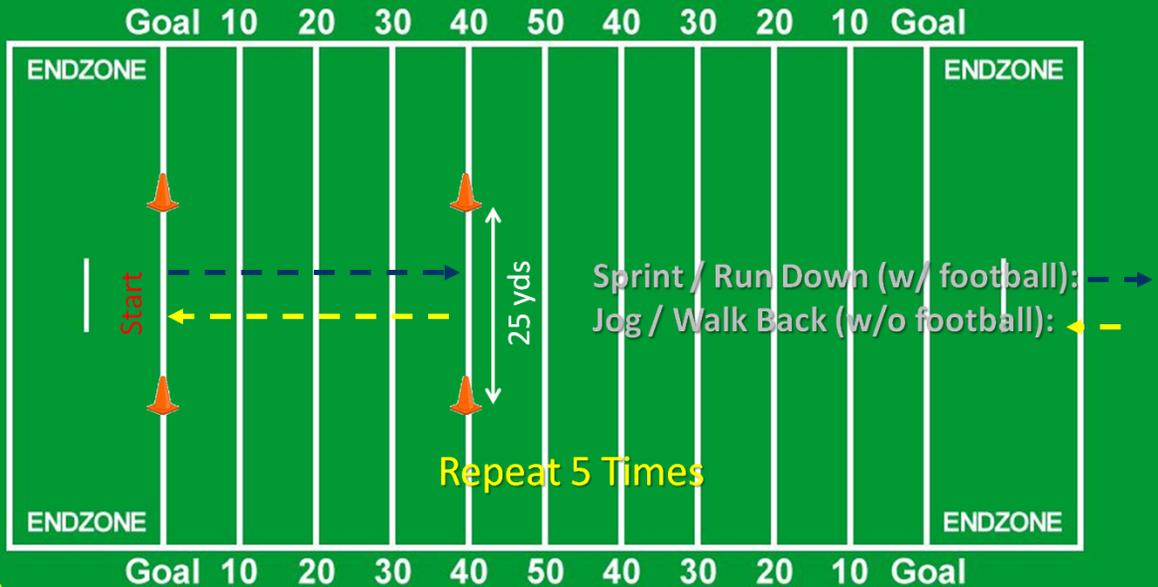




## Football Drill 1

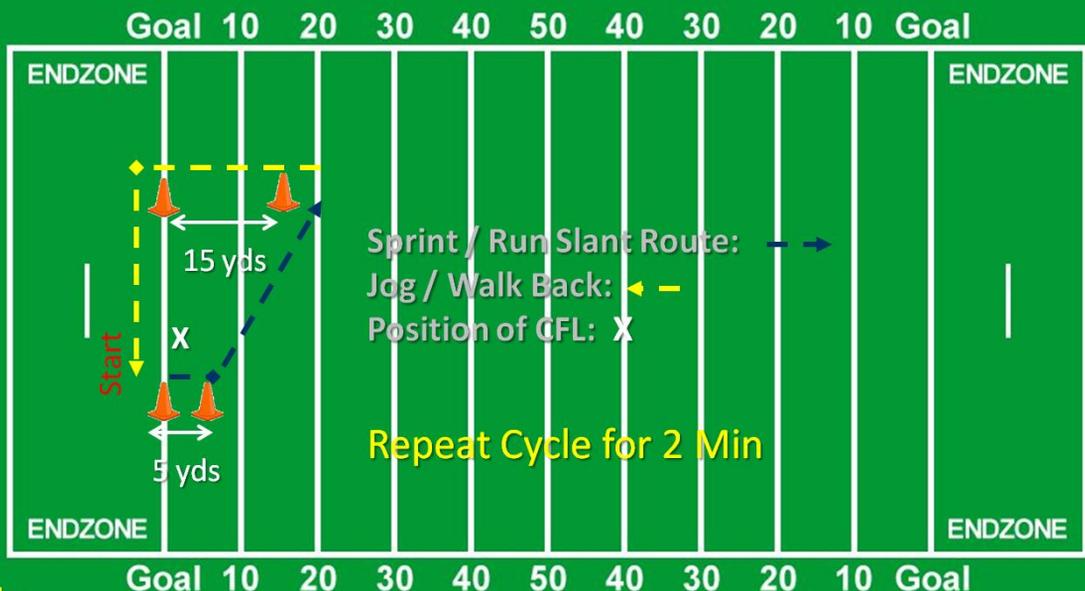


### Rules:

1. Divide Members into Teams of 2
2. Member 1 sprints down w/ Football and sets it on the Deck; walks/jogs back
3. Member 2 walks/jogs down and picks up Football; sprints back



## Football Drill 2

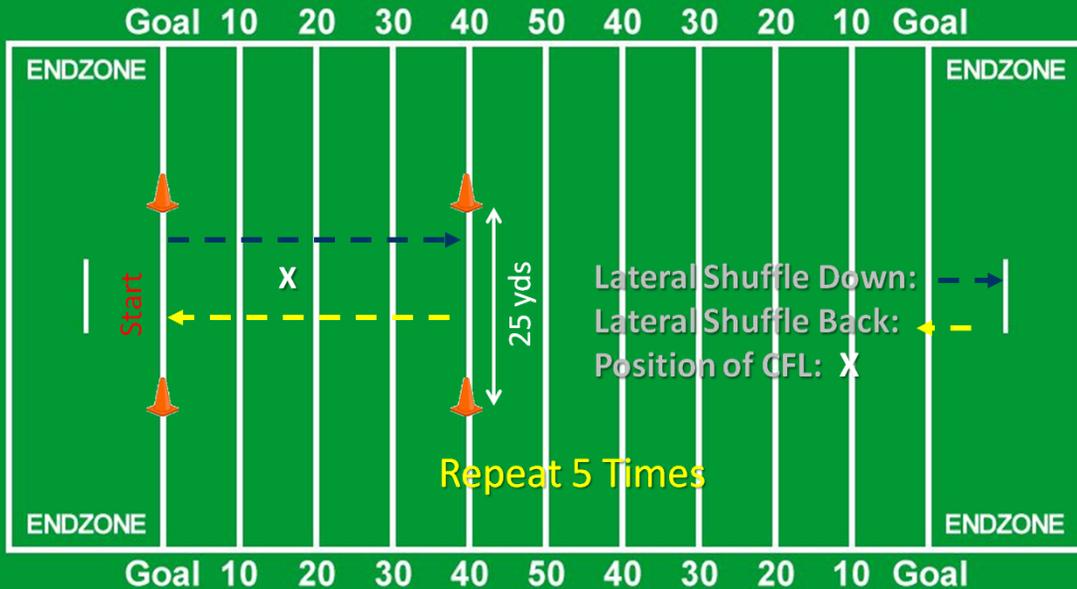


### Rules:

1. Have all Members line up single file at Starting Position
2. One at a time have Members run a slant route to the left
3. CFL throws or tosses Member Football mid-route



# Football Drill 3

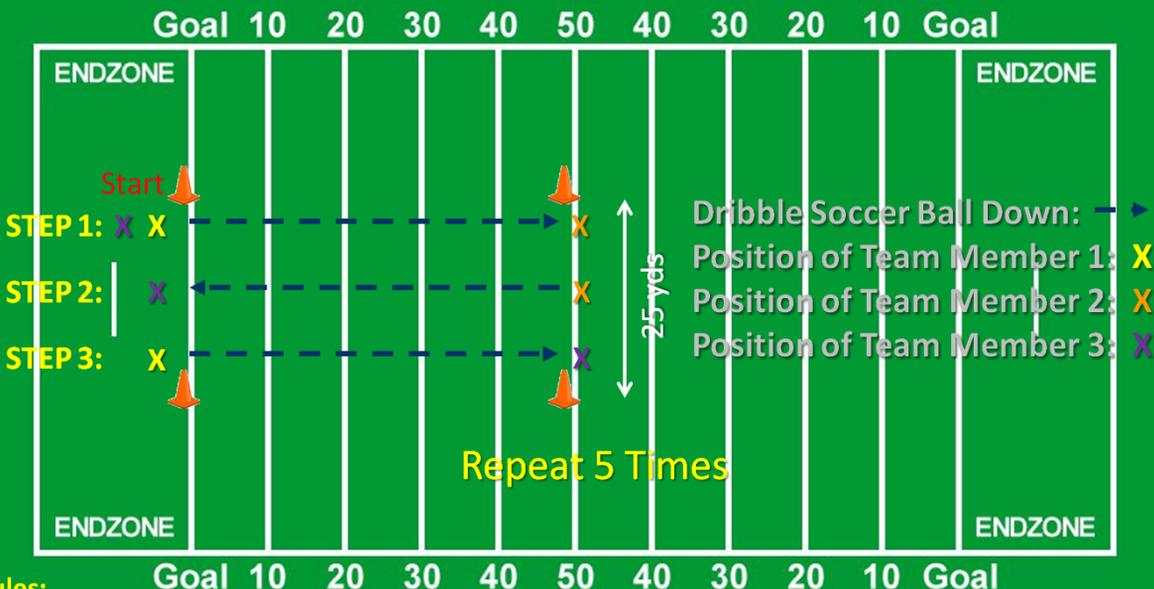


### Rules:

1. Divide Members into Teams of 2 (facing each other and 3-5 yds apart)
2. Lateral Shuffle down and back while tossing the Football back and forth
3. Every time Team Member drops the Football – entire Team does 5 Push-Ups
4. CFL is positioned between Members and tries to intercept or knock down Football



# Soccer Drill 1

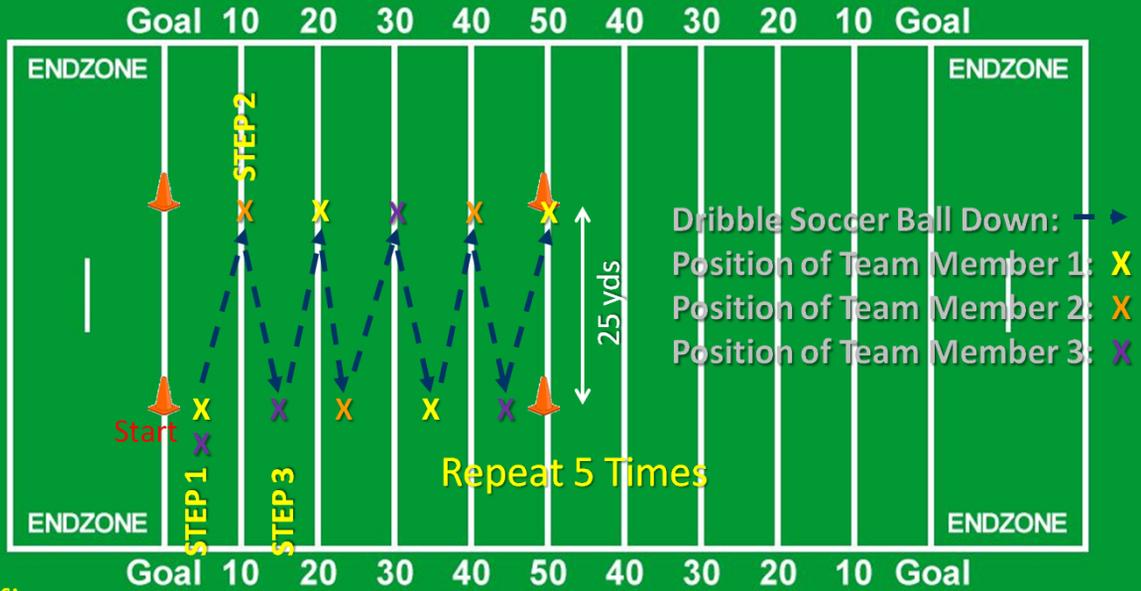


### Rules:

1. Divide Members into Teams of 3
2. Member 1 dribbles ball down field and passes to Member 2
3. Member 2 dribbles ball down field and passes to Member 3
4. Member 3 dribbles ball down field and passes to Member 1



## Soccer Drill 2

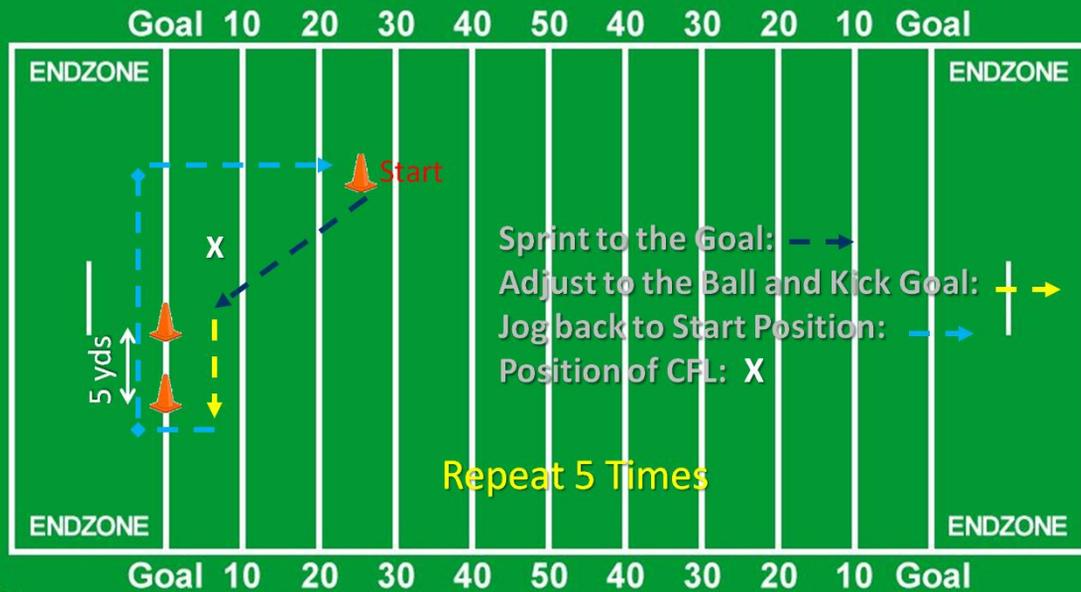


### Rules:

1. Divide Members into Teams of 3
2. Member 1 dribbles the ball across field and passes to Member 2
3. Member 2 dribbles the ball across field and passes to Member 3
4. Member 3 dribbles the ball across field and passes to Member 1



## Soccer Drill 3



### Rules:

1. Have all Members line up single file at Starting Position
2. One at a time have Members run towards the Goal
3. CFL kicks the ball across Field in front of Goal
4. Member adjusts to ball and tries to kick a Goal