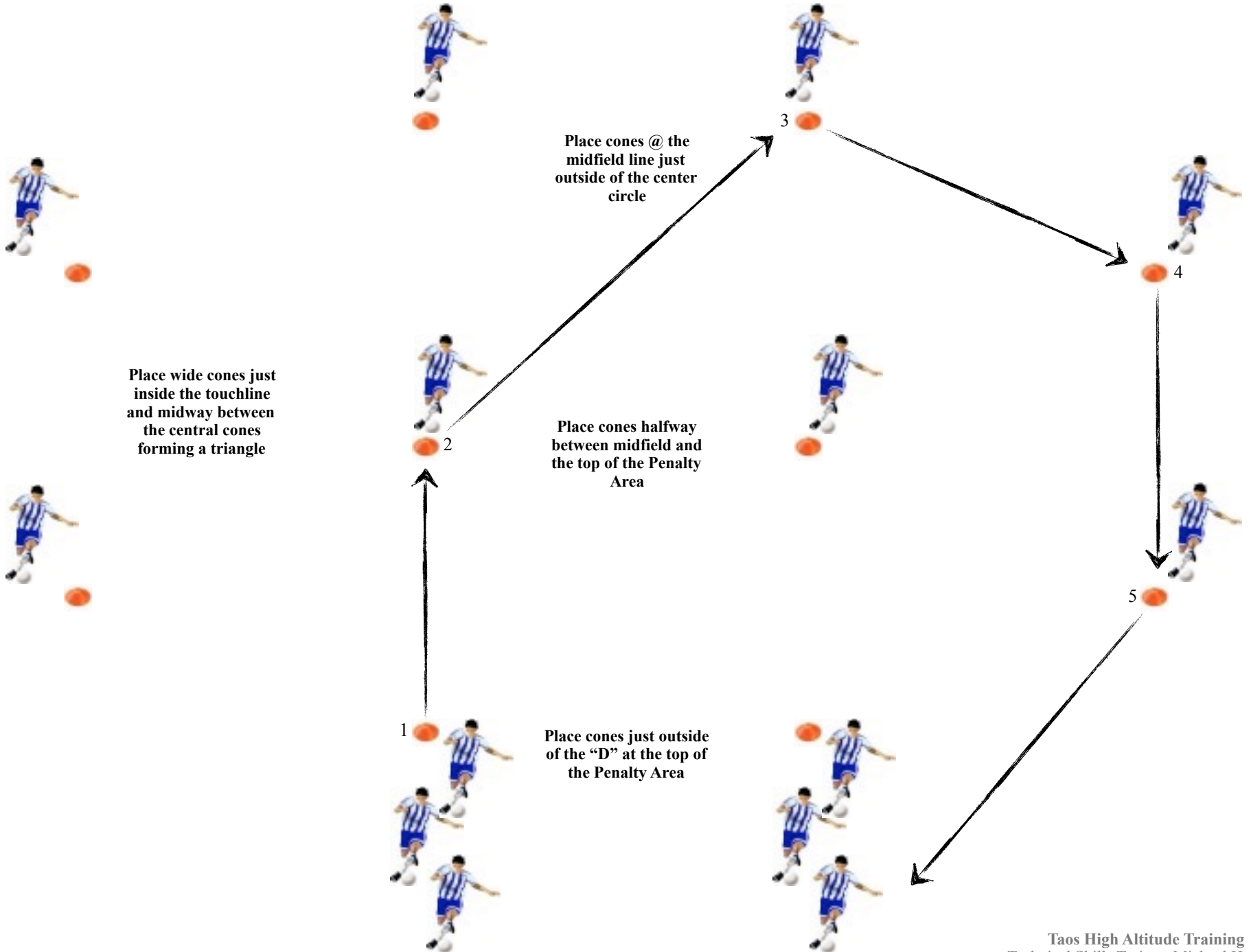


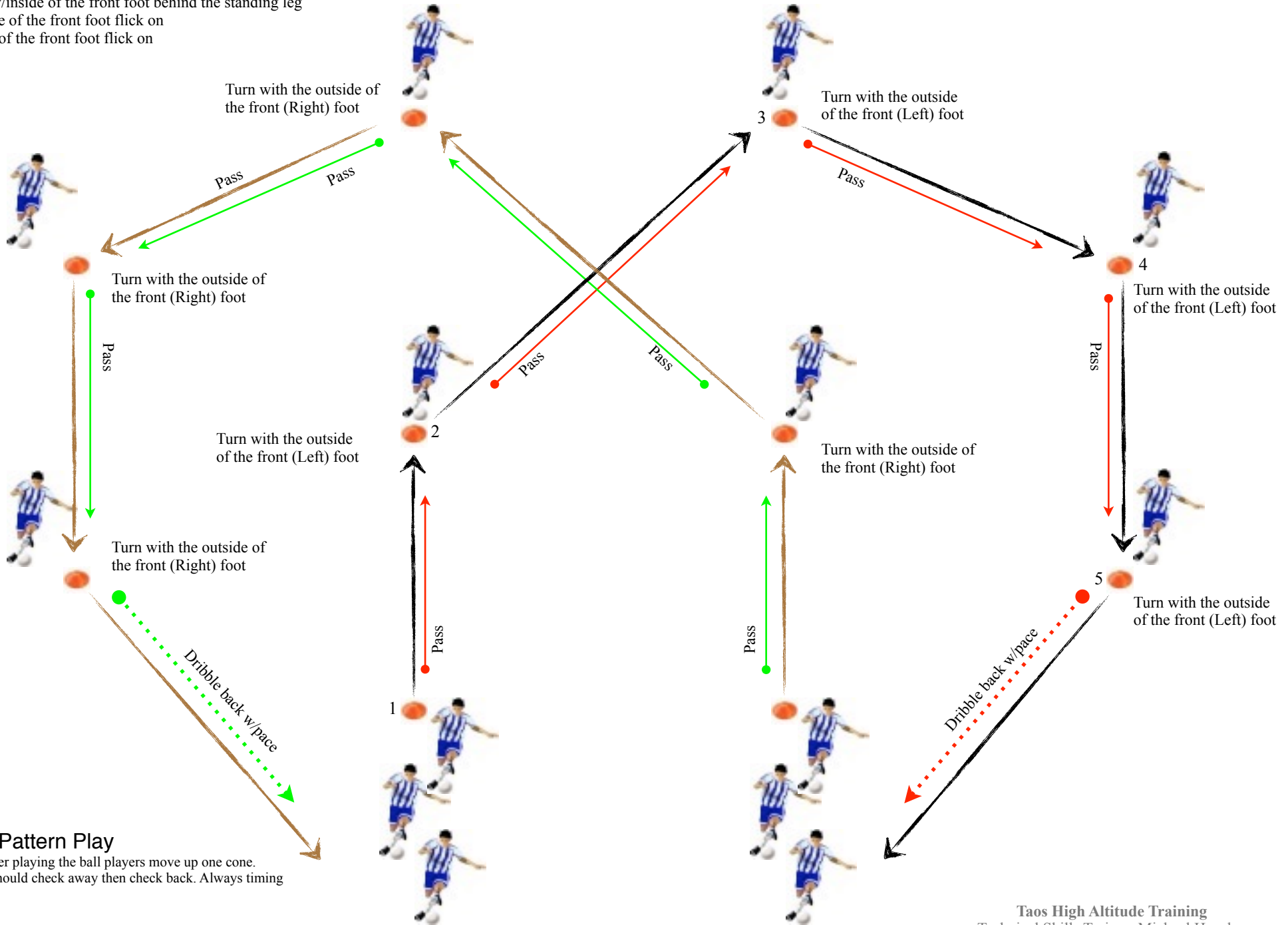
4:4:2 Pattern Play

Note: Player always follows their pass to the next cone (e.g. 1, 2, 3, 4, 5)



4:4:2 Pattern Play (Turning w/the ball)

- Turn w/outside of the front foot
- Turn w/inside of the front foot
- Turn w/inside of the front foot behind the standing leg
- Outside of the front foot flick on
- Inside of the front foot flick on

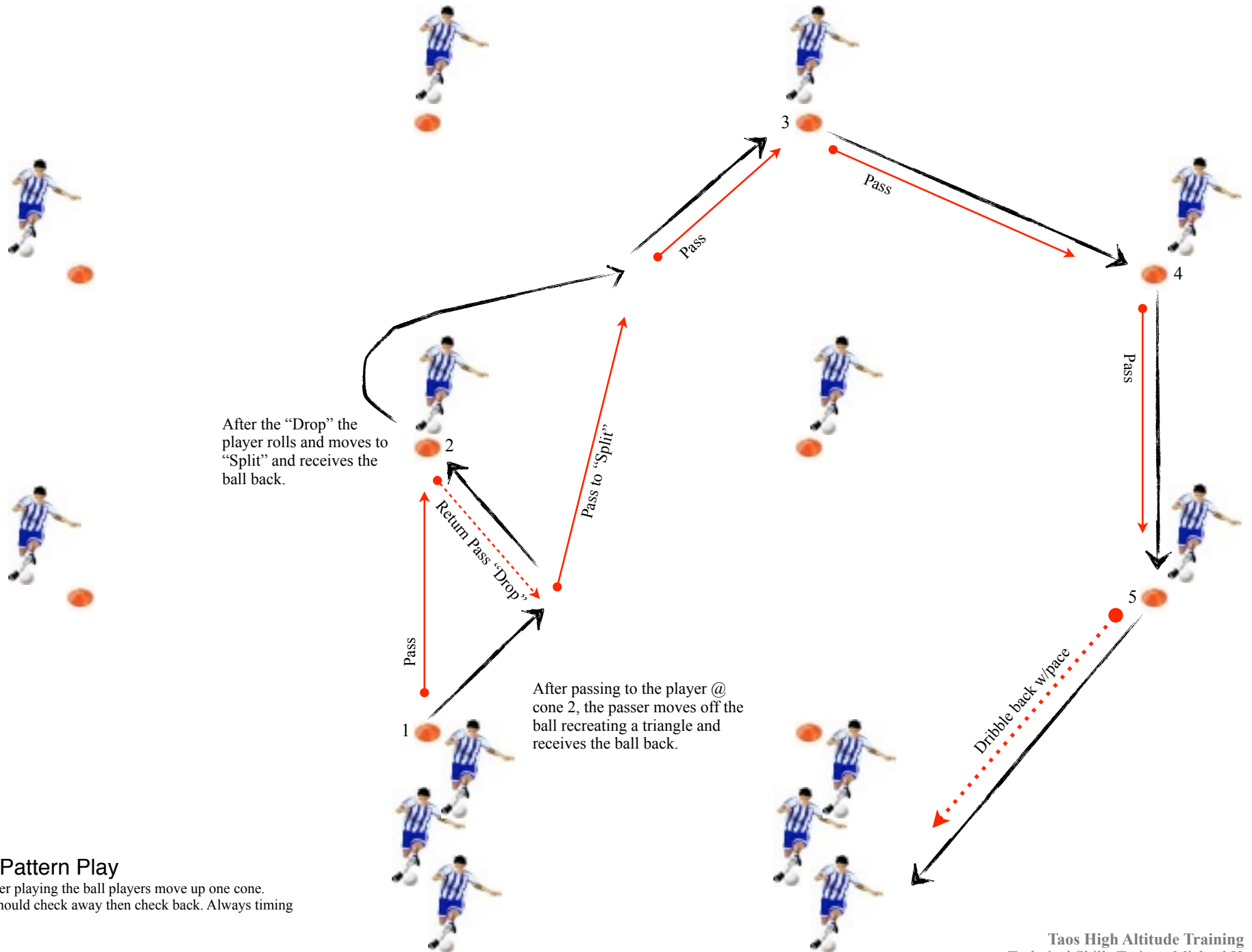


4:4:2 Pattern Play

Note: After playing the ball players move up one cone. Players should check away then check back. Always timing their run.

4:4:2 Pattern Play

Short, Short, Split

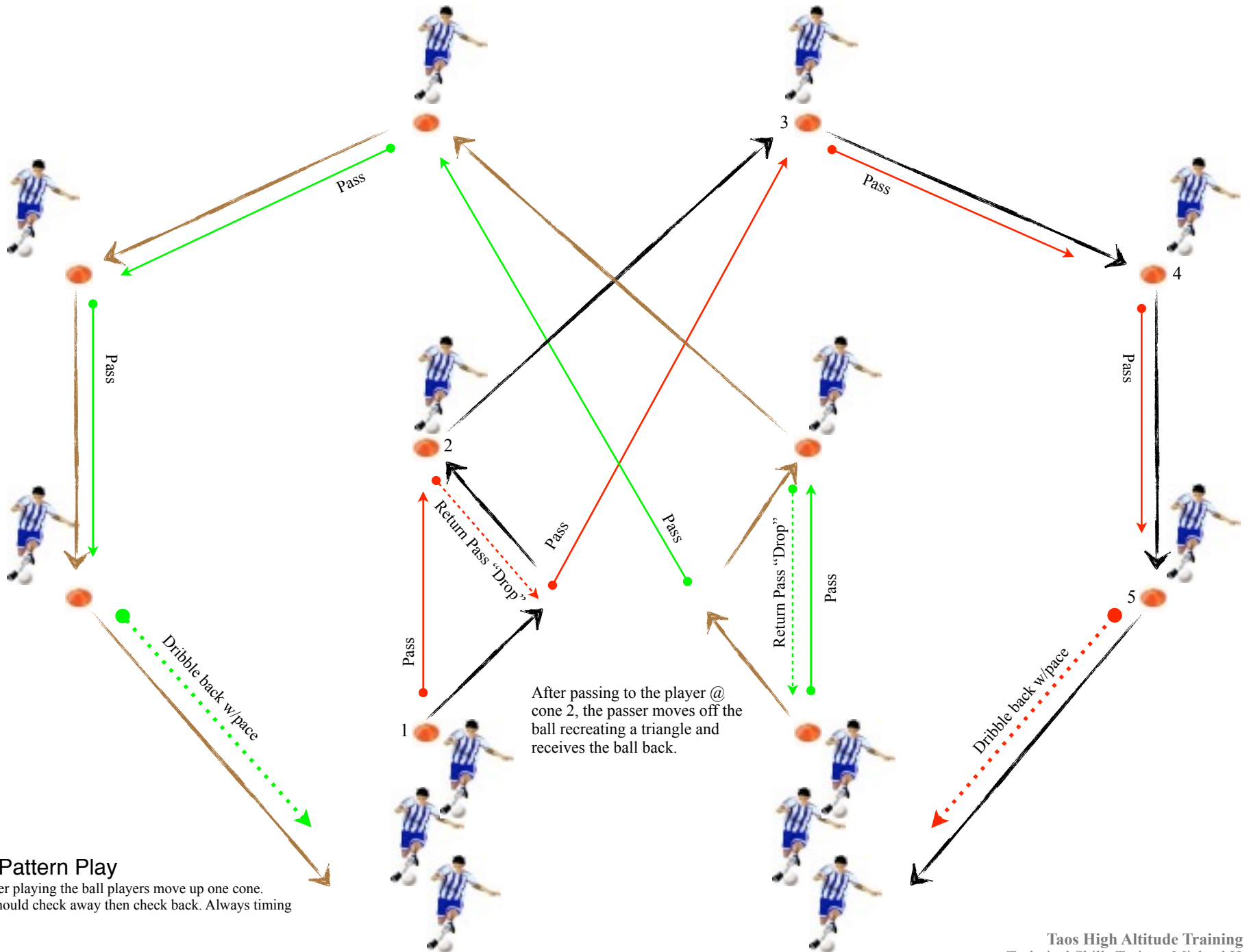


4:4:2 Pattern Play

Note: After playing the ball players move up one cone. Players should check away then check back. Always timing their run.

4:4:2 Pattern Play

Short, Short, Long



4:4:2 Pattern Play

Note: After playing the ball players move up one cone. Players should check away then check back. Always timing their run.