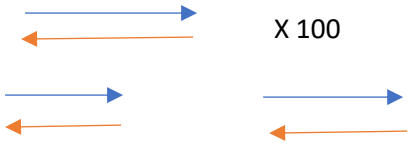
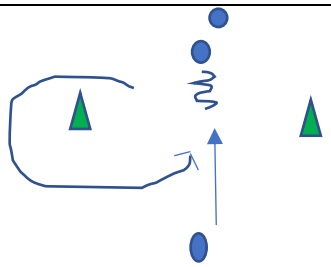
2 Step





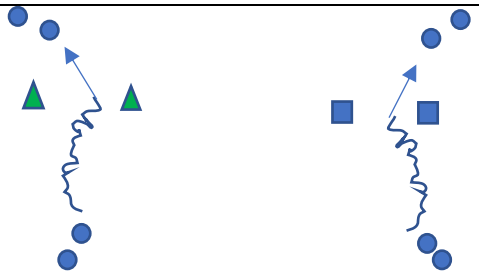
Hook turn

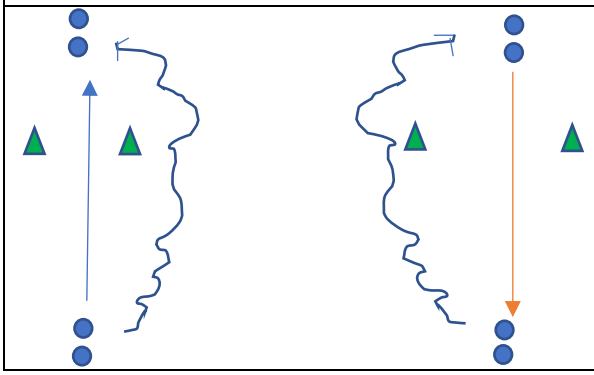
Roll thru

Body swerve

Group 1 – dribble push off right foot at cones

Group 2 – dribble push off left foot at cones





Game 2 – 2 groups

Hit thru cones 1 pt

Run to opposite side

Set time limit & length to appropriate size for ages.