

Revolution

Category: Physical: Warm-up (With ball)

Difficulty: Under 6s

Pro-Club: NFHA
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Screen 1

Can use in big or small space. Key in on small details that you might not normally think about. Things like-- footwork, direction of hips, working on your left side, drop steps etc. Can switch up skills or directions to try new things. Visual shows one example.

1. Speed dribble
 2. Drop stick low and drive feet around cone
 3. End with ball off of your left foot and quick pull right
 4. Open up hips and carry forward
 5. Pull back, turn left so you're facing into the grid and pull right
 6. Indian dribble
 7. Pull left, catch on reverse and spin
 8. Air dribble (if space) back to start
- Smaller iterations can focus more on the skills at the cones.

