

POWER UP

TRAINING TIPS

Feeling more EMPOWERED? Try out these training tips at home to help you improve your game.

ATTACKING SKILL - Catch and Pass

- Working in pairs, set up 4 cones in a diamond pattern as shown below
- The worker runs to any cone, changes direction and runs back into the centre of the cones to receive a pass
- Landing on the outside foot as you change direction

