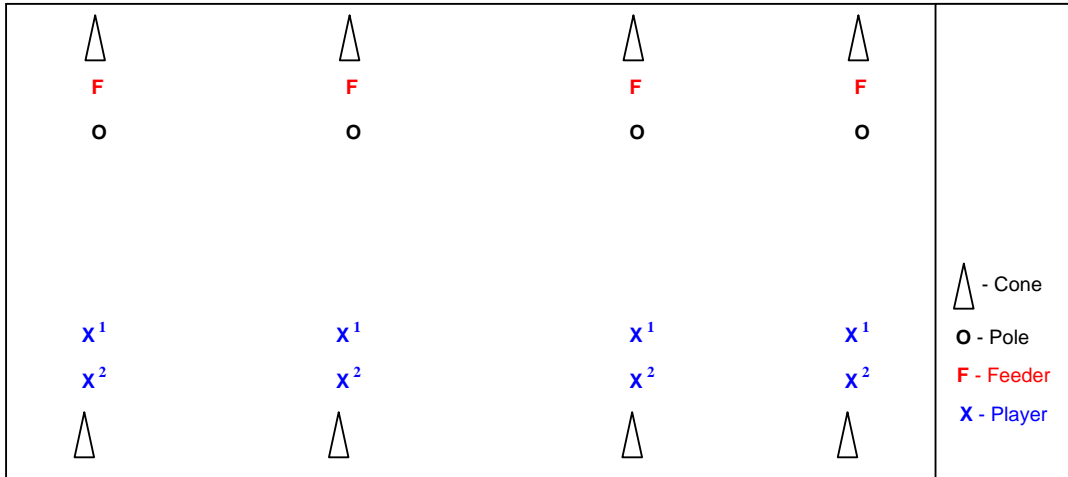


**Donated by DURHAM COUNTY FOOTBALL DEVELOPMENT SCHEME**

<b>Name of Coach:</b>	Kevin Hutchinson
<b>Topic of Session:</b>	Increase Flexibility/Improve Balance and Co-ordination

**Equipment:** Cones, Poles, Footballs



**ORGANISATION:**

- Pitch set up as above - 20m x 50m

**GENERAL POINTS:**

1. X1 jogs to pole, F feeds ball to side of pole
2. X1 passes ball back into Feeders hand and returns to Cone A
3. X2 then goes and so on

**PROGRESSIONS:**

More Repetitions  
 Introduce Diagonal Movements  
 High Feeds