

Add Items

Organization

Speed Training Equipment



Soccer Training Equipment

Field Equipment

Add Text



Items Transform

Rotate



Scale



Delete



Print



Screen Shot

Help



Field Select



Training Notes

- Above are 2 variations to use with coaching sticks
- Drill #1: set 6 coaching sticks 3-4 yds apart
- Drill #2: set up sticks as hurdles and start at a height of 24"