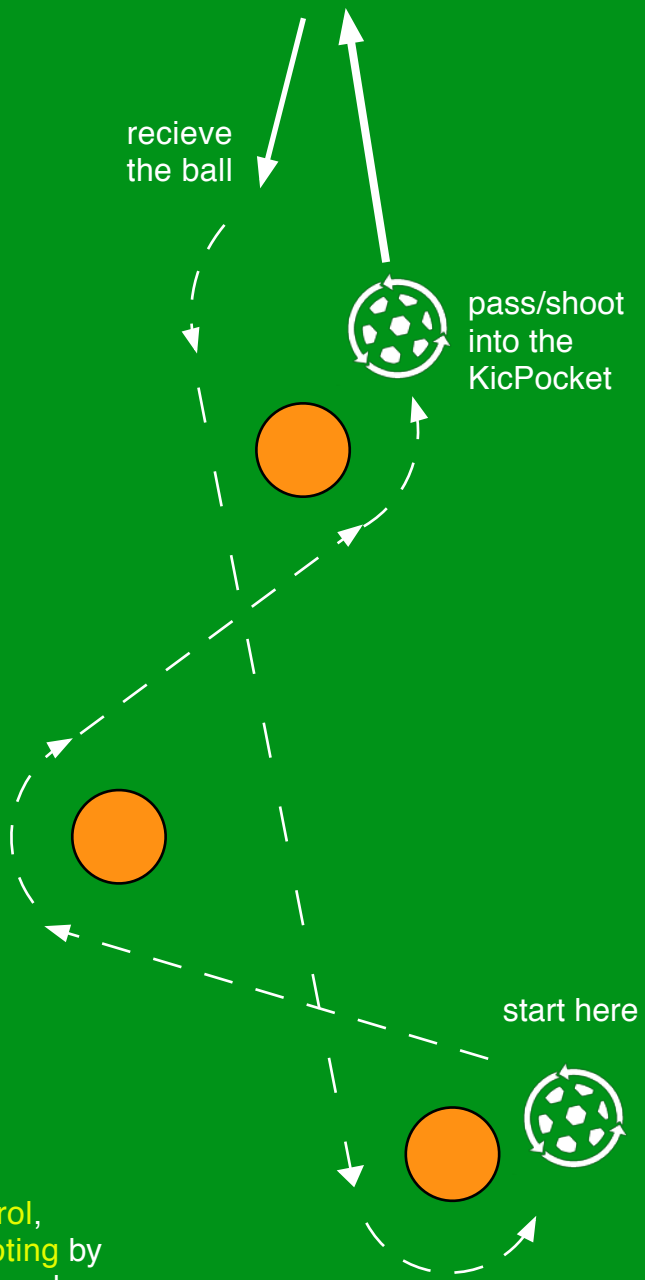


## Bike Chain Drill

training



start at the back cone.  
dribble at game speed following the player/ball track around each cone.  
once around the last cone pass the ball, receive it, and dribble slowly back to the starting point.  
remember to keep your head up while dribbling, and accelerate after each direction change.

**IMPROVE** your ball control, vision, and passing/shooting by doing this a few times a week.

