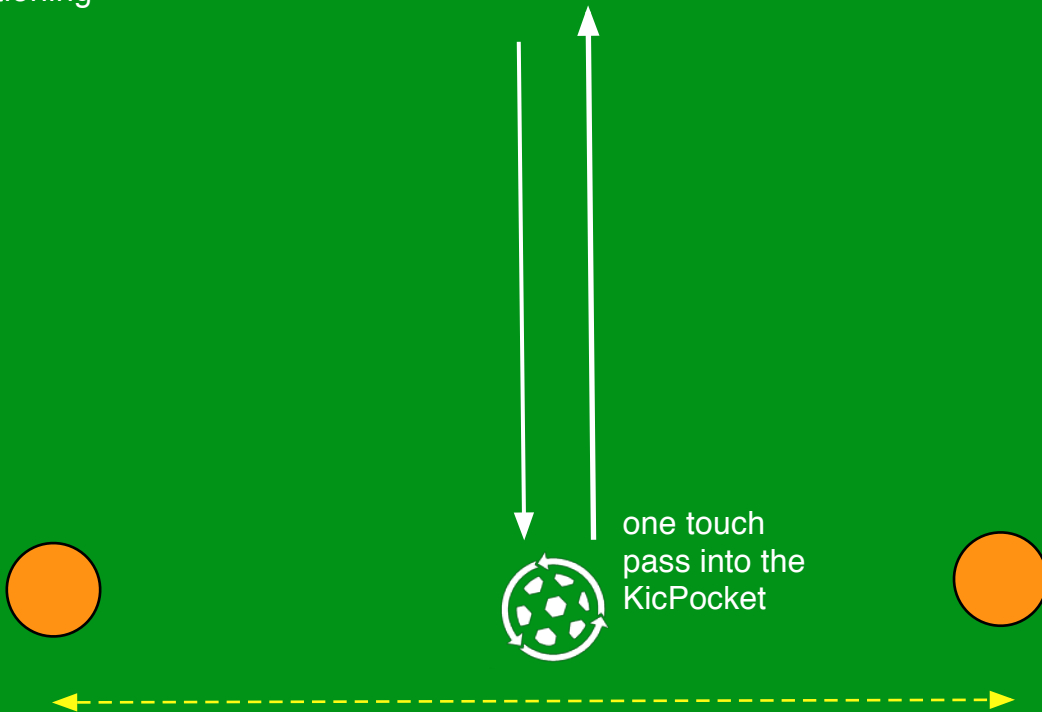


Side Step Drill

conditioning

Kic Pocket .com



from between the cones, pass the ball into the KicPocket. side-step to the left cone and back to the center by the time the ball returns to it's original spot. on a one touch, pass the ball back into the KicPocket and side-step to the other cone. remember to stay low and work fast.

IMPROVE your overall **strength** and **stamina** by doing this a few times a week.


KicPocket™
PASS RETURN SYSTEM