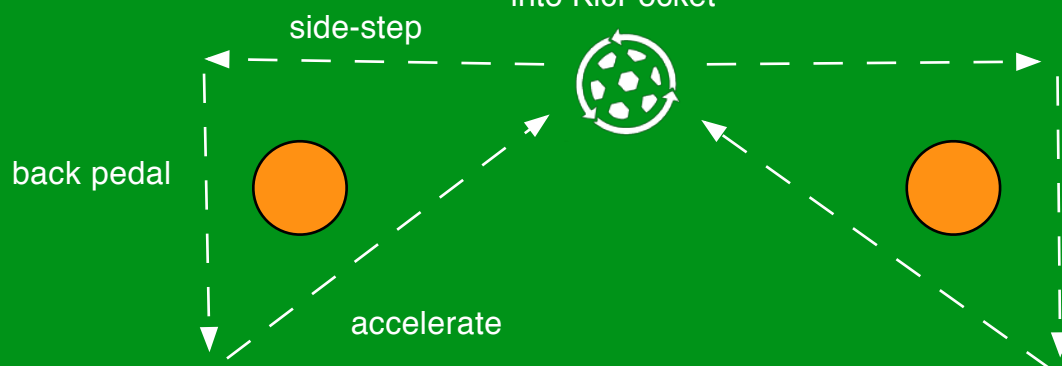


Triangle Drill conditioning

Kic Pocket .com



one touch pass
into KicPocket



pass the ball into the KicPocket, then side-step to the left, back pedal, and accelerate to the ball. one touch pass the ball back into the KicPocket and mirror the drill to the right side.

IMPROVE your **quickness** and game **stamina** by doing this a few times a week.



KicPocket™
PASS RETURN SYSTEM