
Coaching Footballs Split 4 4 Defense

purpose: the drill - playflagfootball - b a 7 yards 15 yards both players should start o~ in an athletic position. player b should take the appropriate angle to player a so that he has an opportunity to pull his °ags.
u13/u16 practice plans - cowichansoccer - 1 u13/u16 practice plans . introduction to u13/u16 . adolescence can often play havoc with agility, coordination and balance and these skills may regress for a period of time until nature's time for rapid

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