



KC ATHLETICS

ACTIVITIES

FRIDAY, APRIL 24, 2020

PARTNER DRILLS

**ITEMS NEEDED FOR THE
VARIOUS DRILLS:**

A PARTNER

A SOCCER BALL

10 CONES OR MARKERS

**A SMALL BALL LIKE A BOUNCY
BALL OR TENNIS BALL**

Do each drill for 2 min.

Rest 15 seconds.

**Repeat all drills 2-3 times
depending on fitness
level.**

DRILL 1



[Video](#)

DRILL 1.2



[Video](#)

DRILL 2



[Video](#)

DRILL 3



[Video](#)

DRILL 4



[Video](#)

DRILL 5



[Video](#)

DRILL 6



[Video](#)

DRILL 7



[Video](#)

DRILL 8



[Video](#)

DRILL 9



[Video](#)

DRILL 10



[Video](#)