

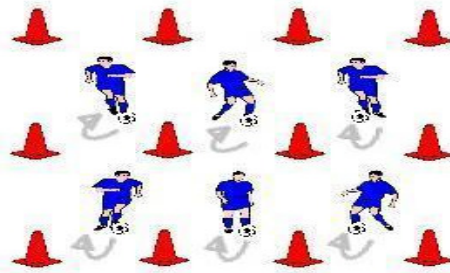
**Drill Name:** Hurricane

**Age Group:** U/12 & U/13

**Objectives:**

Improves players close ball control skills, coordination and balance.

**Diagram:**



**Description:** Start with your right foot on the ball and roll it across your body and turning in the opposite direction and catching it and continuously repeating it three to four times.

**Progressions:** Time how many could be done in 10 seconds

**Coaching Points:** Ball speed at which the ball is moved across the body is important and the players need to be balanced as not to fall over.