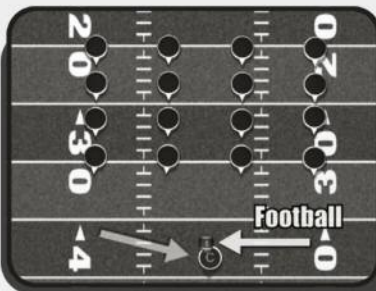
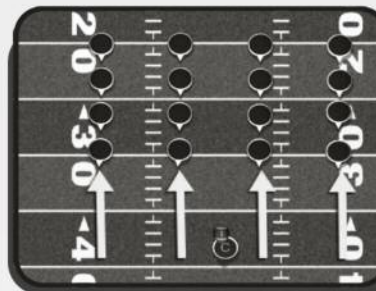


Wave Drill



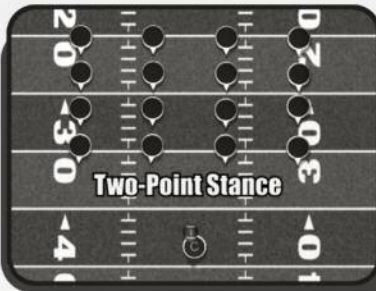
01 ★

Coach sets up in front of his players with a football.



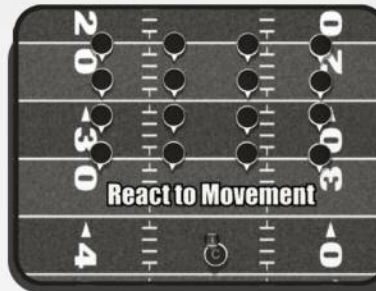
02 ★

Form four lines of equal-numbered players.



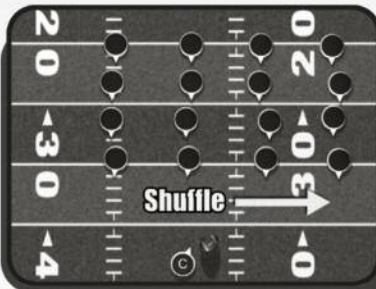
03 ★

Four players face the coach in a 2-point stance.



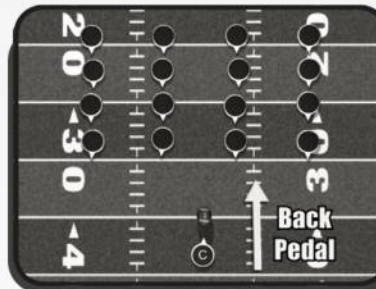
04 ★

On whistle, players react to movement of the football.



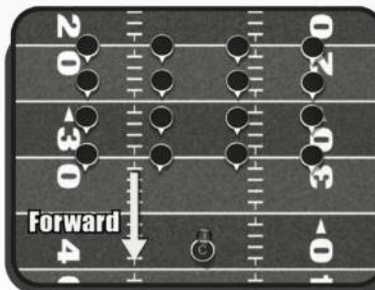
05 ★

When ball moves to the side, players shuffle either left or right.



06 ★

When he moves ball away from his chest, players backpedal.



07 ★

When he brings ball to his chest, players come forward.

Notes: