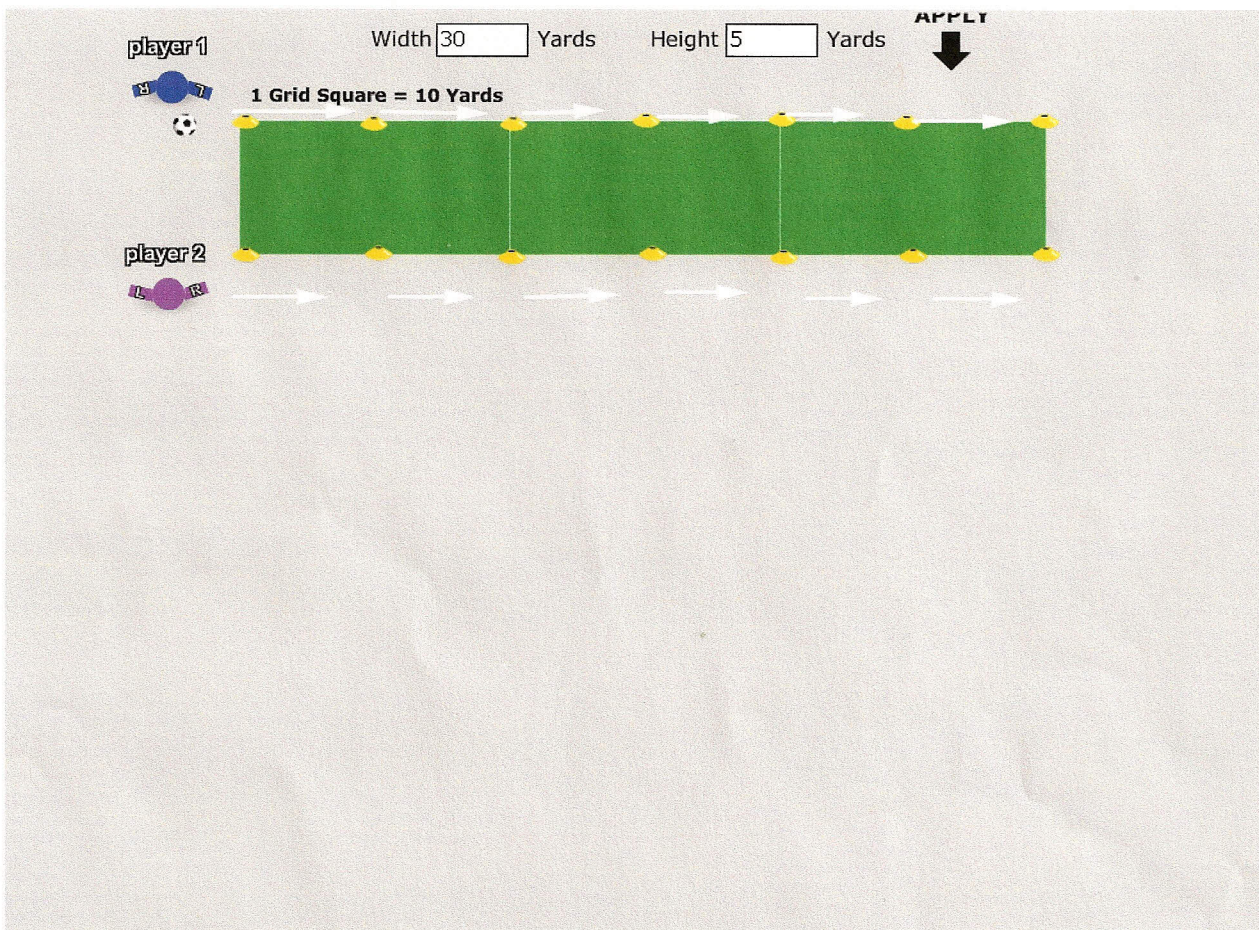


Skill Ladder



Date:		Measurement:	5 yards deep 30 yards long
Time:		Players:	Unlimited
Duration:	15 - 20 mins	Level/Age Group:	All ages

Description: Set up 2 ladders with cones with rungs every 5 yards for 30 yards. Split the group into 2 teams and then have them pair up. Play team vs team each team must complete all the ladder to win a point. You cannot pass

Objective: To perform various techniques under pressure. Side foot volley. Double volleys etc. Coach can get creative.

Coaching Points: Have one serving and one working all the way through first ladder Then switch roles and go through again to complete the skill.

Progression: