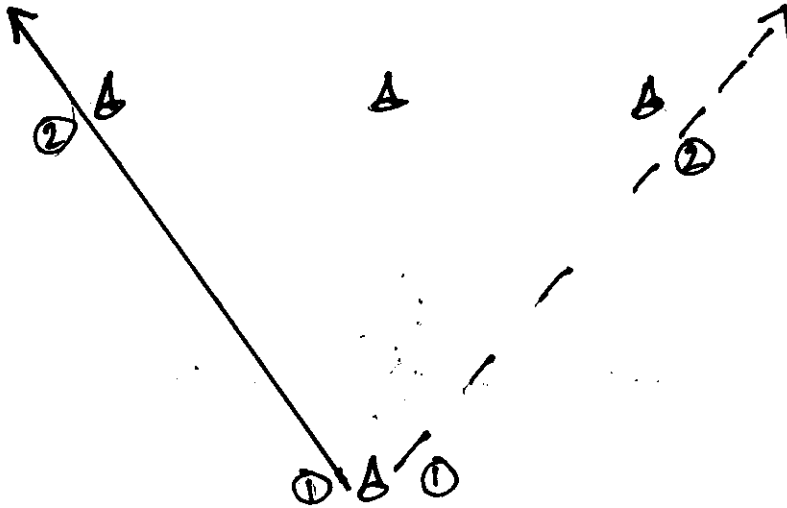


# 45° DRILL



- ① OPEN, CROSSOVER, RUN TO CONE
- ② RECIEVE BALL, RUNNING THRU CONE

## TARGETS:

- IMPROVED FOOTWORK
- WORK ON CATCHING BALL ON THE RUN

## NEED

- BALLS
- CONES (4)