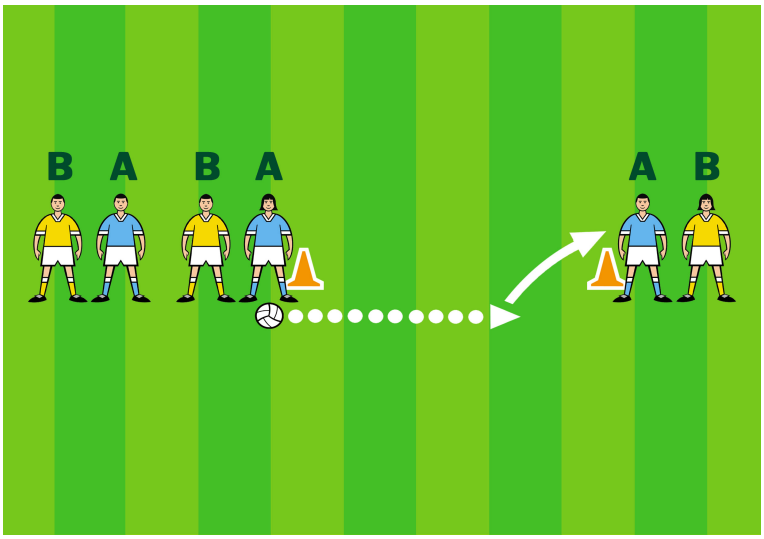
LEVEL 2

CROUCH LIFT – BASIC – ROLL & LIFT

FOOTBALL



EQUIPMENT LIST

- Cones
- Football

This intermediate drill to practice the Crouch Lift technique requires the players to lift a ball moving away from them

Organisation

- Mark out a distance of 5m using cones
- The players line up behind one of the cones
- Each player in turn rolls the ball forward and follows it to crouch lift before it stops
- The player rounds the cone and fist passes the ball to the next player to repeat the drill

STEP Variation

Task – To increase the difficulty of the drill challenge the players to roll the ball faster

Notes