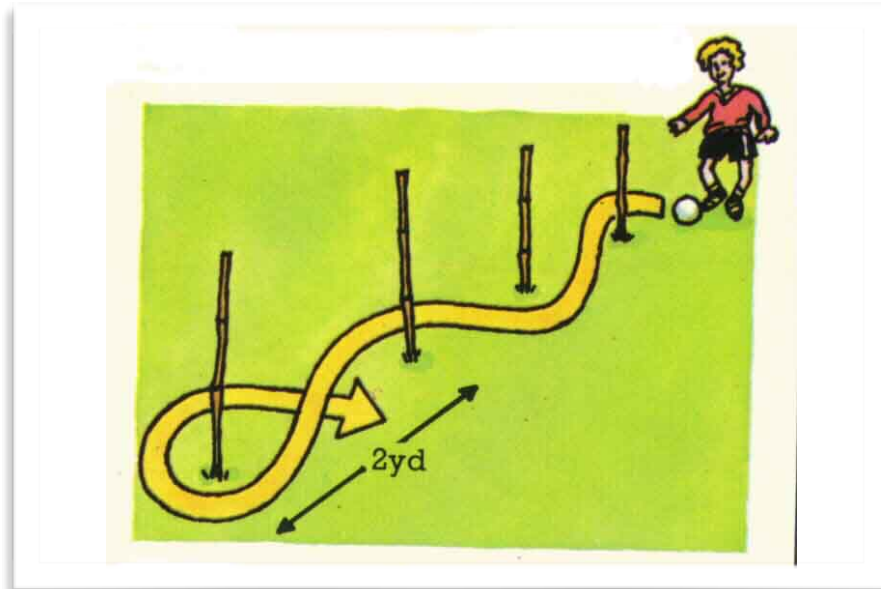


STATION EIGHT

Senior School Circuit Training

Eight



Soccer Dribbling

Dribble the soccer ball in between the cones in a zig zag pattern. Up and back counts as ONE.

How many can you do before the whistle sounds?

