

247 SkillSKOOL

Name: _____ Age: _____ Score

TWO CONE					
1) Clockwise (recieve right)	2 Touch				
2) Reveres Clockwise (recieve left)	2 Touch				
3) Piston (rolls)	1 Touch				
4) Over Under (throw/Chip)	2 Touch				
5) Clockwise Inside Outside Outside (Right foot)	2 Touch				
6) Reverse Clockwise Inside Outside (Left Foot)	2 Touch				
7) Clockwise Roll	2 Touch				
8) Reverse Clockwise Roll	2 Touch				
9) L Turn Pass	2 Touch				
THREE CONE					
1) Inside	1 touch				
2) Outside	1 touch				
3)Volley Inside	1 touch				
4) Laces Volley	1 touch				
5) Chest Volley	2 touch				
6) Thigh Volley	2 touch				
7) Half Volley	1 touch				
8) Inside, Inside	2 touch				
9) Inside Outside	2 touch				
10) Outside Inside	2 Touch				
11) 4 Pass	1 Touch				

NOTES:

