

# **Dribbling: Figure-Eight Format Around Cones**

Activity 7.12 Sporting Fitness Soccer Drills

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



# **Passing: To Partner, 5 to 10 Feet (1.5 to 3 m) Apart**

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From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

# **Shooting and Defending: Shoot From 15 Feet (4.5 m) Away Into a 5-Foot (1.5 m) Wide Goal**

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# **Throwing In: Overhead to Partner 5 Feet (1.5 m) Away**

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# **Heading: Toss From 5 Feet (1.5 m), Head Back**

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