

O - Split Vision Game of Soccer and Basketball - Czech Youth

Key Points:

Play soccer football and basketball at the same time. Players have to have split vision and be ready to use their feet and then their hands to control the ball.

Description:

1. Play shifts of 3 minutes.
2. Rotate on the whistle.
3. Players control the basketball with their hands and soccer ball with the feet.
4. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100812101249211>

<https://youtu.be/y8ZME0TI37I>

