

## O - Split Vision Game of Soccer and Basketball

### **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/video.php?n=20100812101249211>

