

SUPPLEMENTAL VIDEOS

These are the recommended links to help illustrate the lesson:
((Ctrl+Click will open the link in a new tab))

DESCRIPTION	LINK
MY YOUTUBE CHANNEL - IF YOU LIKE THIS STUFF THERE IS A LOT MORE	https://www.youtube.com/channel/UC4lEF6pV_s2tXWsSLT1BJfA/videos?
A GAP ENTRY VIDEO - INTERCUT	https://youtu.be/yVYy77A8iBw?is=qrnfmvR3dfhsv0Oh
MED BALL DRILLS	https://youtu.be/kXqHjrb7ouQ?si=wBW_QFYf90WJ2efe
MED BALL DRILLS	https://youtu.be/5iu4k72ZkYw?si=u0jglkdqClrqT-1F
BODY INTEGRITY	https://www.youtube.com/watch?v=i3Yi9lo5hKo&t=8s
DRILLS	https://www.youtube.com/watch?v=lsjqEqpbnts
ONE ARM CONCEPT	https://youtu.be/YXB5T11IGWM?si=SfjNl0oSE71wDcK3
COOL CLINIC -2015	https://youtu.be/YotHSf0seCE?si=qMma9cTMlCe3BD3E
LEVERAGE IS ADVANTAGE	https://youtu.be/H0q0vdZcXyY?si=EzOmfYbsWGMRweTD
GREEN LIGHT	https://youtu.be/Jw9cRaWSb5U?si=SDTZOHS9OSyxdxY_
RED LIGHT	https://youtu.be/Q1nnQaW2_gk?si=9Ze1G_1yb5ffqEFi

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YELLOW LIGHT	https://youtu.be/fpb_D0fm8LQ?si=x7hnakEsHNlFR2ID
WHY HURRY? REASONS FOR PACE	https://youtu.be/iJyL0D0364Y?si=2LNV0rE67hGj314C
PACE V RUN OFF THE BALL	https://youtu.be/nlVJ__mEP_c?si=0Ro4qu4auPjoTN5z
SCOOT FOOTWORK	https://www.youtube.com/watch?v=qXCvbdqUV8g&t=56s
PLAY TEMPO	https://youtu.be/lgdBLkBdThs?si=aEqJOQlbVjXUxqsn
ADD FORCE	https://www.youtube.com/watch?v=IT2l3Z742AA&t=18s
LEVERAGE IS ADVANTAGE	https://www.youtube.com/watch?v=nZ0-88OtQIE&t=13s
REWIND PART 1	https://www.youtube.com/watch?v=tdDZKDRBXS4&t=10s
REWIND PART 2	https://www.youtube.com/watch?v=Mh5RUivqiF0&t=13s
LITTLE STEPS	https://youtu.be/uV0gqQnjUWc?si=ZXYkowlZzeKJqUWP
TACKLE AND TIGHT END	https://youtu.be/TkKgYfKnHG8?si=65zKJILBTCKq1CCN
TIGHT END ALONE AND WITH TACKLE	https://youtu.be/LrY68Yf7qJQ?si=eTBvHtKmrP9rkRlt