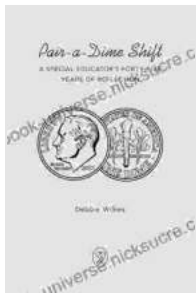


Unlock Your Speed and Agility: Comprehensive Guide to the Pair Dime Shift

The pair dime shift is a soccer training drill that is designed to improve your speed, agility, and ball control. It is a simple but effective drill that can be done with just a few cones and a partner.



Pair-a-Dime Shift: A Special Educator's Forty-Five Years of Reflection by Debbie Wilkes

★★★★★ 5 out of 5

Language : English
File size : 882 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled



To perform the pair dime shift, you will need a partner and two cones. Place the cones approximately 10 yards apart. One player will start on one cone and the other player will start on the other cone.

The player on the first cone will dribble the ball towards the second cone at a moderate speed. As they approach the second cone, they will perform a dime shift (a quick change of direction). The player on the second cone will then dribble the ball back to the first cone and perform a dime shift.

The pair dime shift is a great drill for improving your speed, agility, and ball control. It is a simple but effective drill that can be done with just a few

cones and a partner.

Benefits of the Pair Dime Shift

- Improves your speed
- Improves your agility
- Improves your ball control
- Helps you develop a quicker first step
- Helps you improve your change of direction
- Helps you develop better body control

Drills that Use the Pair Dime Shift

- **Pair Dime Shift Drill 1**

This drill is a simple pair dime shift drill that is designed to improve your speed and agility. To perform this drill, you will need a partner and two cones. Place the cones approximately 10 yards apart. One player will start on one cone and the other player will start on the other cone. The player on the first cone will dribble the ball towards the second cone at a moderate speed. As they approach the second cone, they will perform a dime shift (a quick change of direction). The player on the second cone will then dribble the ball back to the first cone and perform a dime shift. Repeat this drill for 10-15 repetitions.

- **Pair Dime Shift Drill 2**

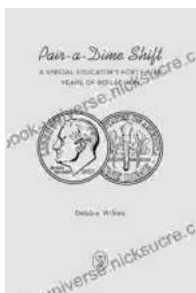
This drill is a variation of the pair dime shift drill 1 that is designed to improve your speed, agility, and ball control. To perform this drill, you will need a partner and two cones. Place the cones approximately 10 yards apart. One player will start on one cone and the other player will

start on the other cone. The player on the first cone will dribble the ball towards the second cone at a moderate speed. As they approach the second cone, they will perform a dime shift (a quick change of direction). The player on the second cone will then dribble the ball back to the first cone and perform a dime shift. Repeat this drill for 10-15 repetitions.

- **Pair Dime Shift Drill 3**

This drill is a more advanced variation of the pair dime shift drill that is designed to improve your speed, agility, and ball control. To perform this drill, you will need a partner and two cones. Place the cones approximately 10 yards apart. One player will start on one cone and the other player will start on the other cone. The player on the first cone will dribble the ball towards the second cone at a moderate speed. As they approach the second cone, they will perform a dime shift (a quick change of direction). The player on the second cone will then dribble the ball back to the first cone and perform a dime shift. Repeat this drill for 10-15 repetitions.

The pair dime shift is a great drill for improving your speed, agility, and ball control. It is a simple but effective drill that can be done with just a few cones and a partner. If you are looking for a way to improve your soccer skills, then I highly recommend adding the pair dime shift to your training regimen.



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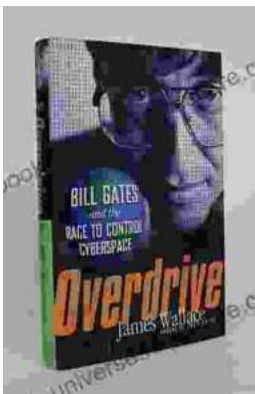
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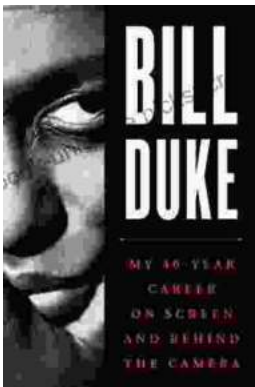
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