

AERIAL TRAINING™

EQUIPMENT

- 16 cones
- 1 ball for every 2 players
- Stopwatch

SETUP

- **GRID:** Arrange 16 cones into an 18 X 18-yard grid, subdivided into 6 X 6-yard boxes.
- **PLAYERS:** The AERIAL Grid accommodates up to 18 players. For groups larger than 18, include an additional row of cones.

