

# Dribbling Drill



## PIRATE TREASURE HUNT



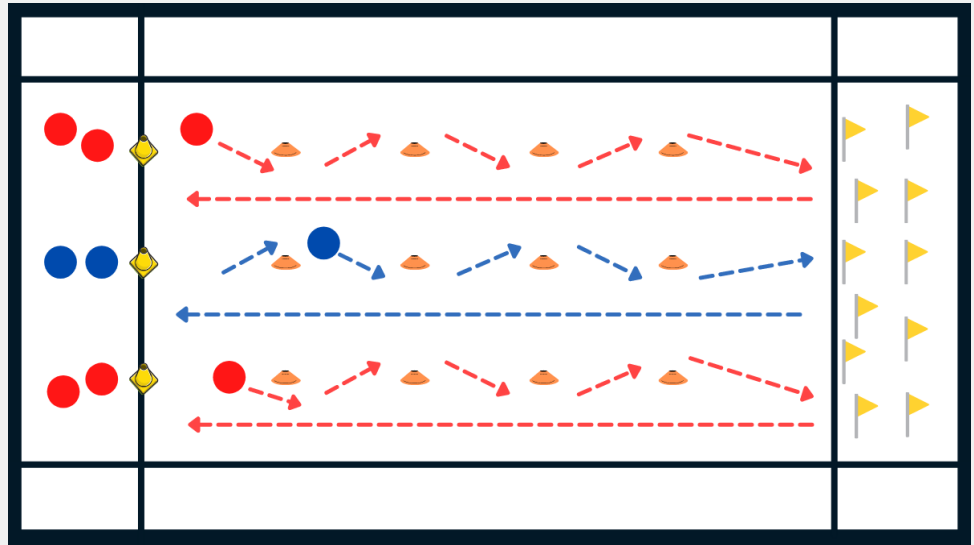
**Age:** 6-8 Years

**Players:** 8-12

**Topic:** Dribbling,  
Inside/Outside Cuts

**Duration:**

15 Mins



**Set Up The Drill :** Set up 3 slalom circuits using small or tall cones as shown in the drill diagram. Use approximately 4-5 cones in each line/circuit for the players to dribble through. The cones should be approximately 1 yard apart. Next, place 1 cone approximately 5 yards from each circuit that each team can stand behind before starting the drill. Finally, place many flags (or pinnies/bibs/cones, etc) at the end of the circuits. These flags are the 'pirate treasure'.

**Instructions:** Divide players into 3 teams and have them line up behind the cones at the end of each circuit. Give each team 1 ball. Upon hearing the coach's whistle, the first person from each team should dribble through the slalom, pick up one piece of 'treasure' (a flag), and then quickly dribble back to their team with the treasure. Then it's the next player's turn. Repeat until no 'treasure is left'. The team with the most treasure at the end is the winner.

**Coaching Points:** Demonstrate the use of inside cuts and outside cuts with each foot. While demonstrating this technique, encourage players to;

- accelerate after using a cut
- keep their heads up
- take a touch, take a look
- push the ball, don't kick
- keep balance forward to maintain control of the ball