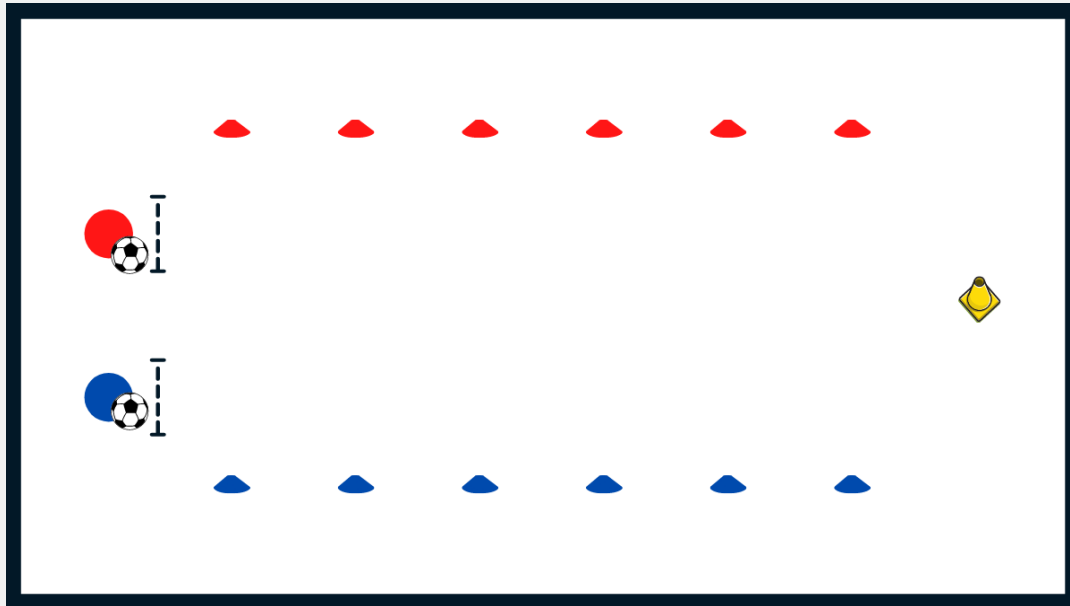


Dribbling Drill

RACE



Set Up The Drill : To set up the drill, make two lines of 6 small cones spaced approximately 2 yards apart. Place one tall cone one at one end of the two lines, and at the other end have players line up in two teams. Provide one ball to each team. Now the drill can begin.

Instructions: Upon hearing the whistle, players should dribble the ball in and out of the small cones and then around the tall cone at the end. After taking the ball around the tall cone, players should dribble the ball as fast as they can back to the start line. Then, it's the next players turn. The first team to have all its players complete the course is the winner.

Progression: After completing the drill one time, instruct players that after taking the ball around the cone at the end, they should pass the ball to the next player, and then sprint back across the start line. To increase the difficulty of the drill, you can also shorten the gap between the small cones.

Coaching Points:

- Players should focus on close control when approaching the cones.
- For speed, players can use bigger touches when moving the ball between the cones.
- After taking the ball around the tall cone, players can use bigger touches to enable them to move at speed.

