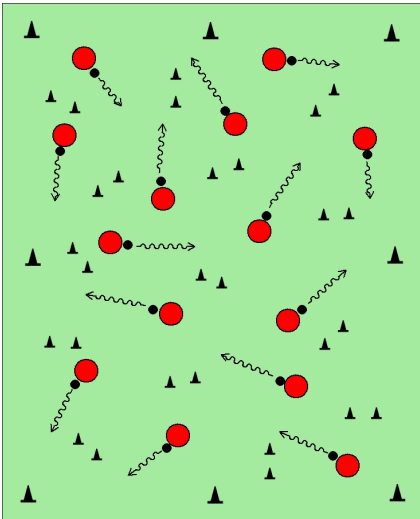




Cone gates dribbling



How it works

Players have a ball each and dribble around the playing area keeping control of the ball. There are the same number of cone gates as players.

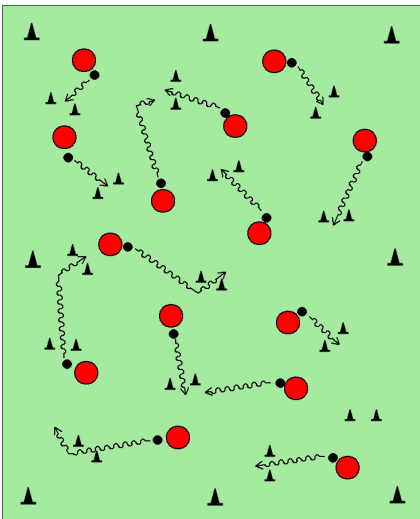
Players are not allowed to dribble through the gates.

On a given signal (either a number or the name of the skill) from the coach all the players have to dribble their ball to an empty cone gate and perform one of the following skills:

1. Alternate instep foot touches
2. Toe taps on top of the ball
3. Figure of 8 dribble around the cones
4. Sit on the ball
5. Stationary step-overs.

Add any more in that you can think of doing. Coach will need to demonstrate each of these in turn and add them in gradually.

After a while start taking away a cone gate after each skill has been performed and play like musical chairs. The player that doesn't get to an empty cone gate has to drop out. I just do this for a few goes, not all the way down to one gate.



Possible changes

Challenge players to dribble through as many different cone gates as they can in 30 seconds/1 minute.

Must go through a different cone gate each time - can they go through them all within the time limit?

If they do it again can they beat their last score.