



SKILL

Dribbling.

SET UP

A circle with cones about 30 yards in diameter.

HOW TO

Each player has a ball and is scattered around the circle. Start dribbling in the same direction at the same pace. Be ready to follow commands. Coach yells them out randomly. Jog, Full Speed, Cut (go the other direction, cross, cut across the circle, stop). Make sure players are using both feet inside, outside.