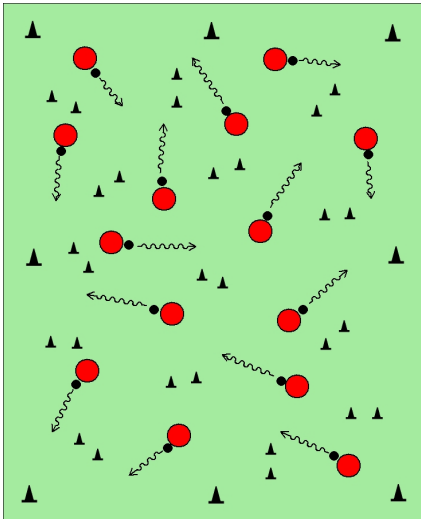


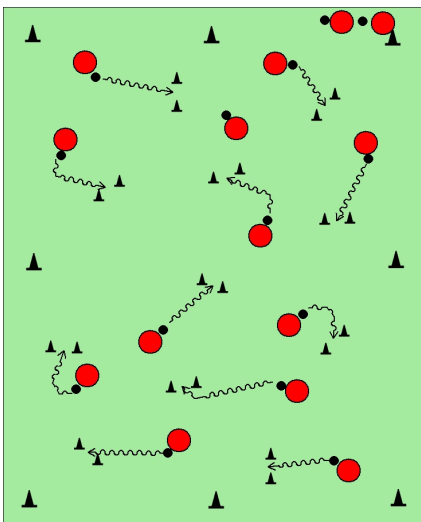


Cone gates dribbling



How it works

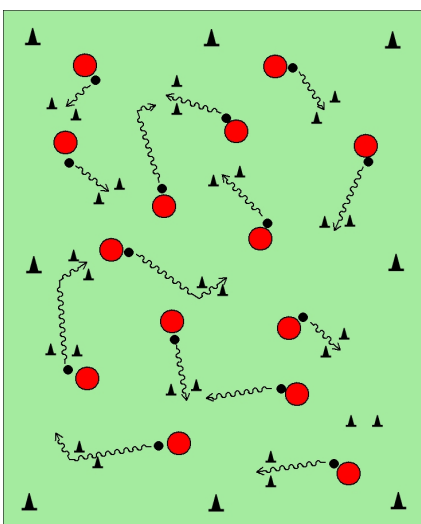
All the players have a ball each and dribble it around keeping control of it inside the playing area. There are the same number of cone gates as players. Players are not allowed to dribble through the gates.



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 - a figure of eight dribble around the cones;
- 4 - sit on the ball;
- 5 - stationary step-overs.

Add any more in that you can think of, but you may need to demonstrate each of these in turn and add them in gradually.



Possible changes

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

Pass the ball through the cones and run round the outside of the gate to collect the ball at the other side.