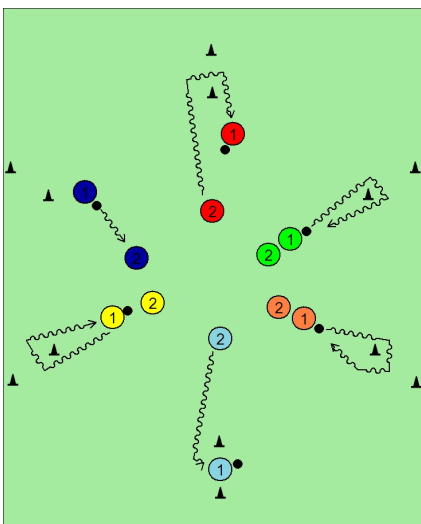
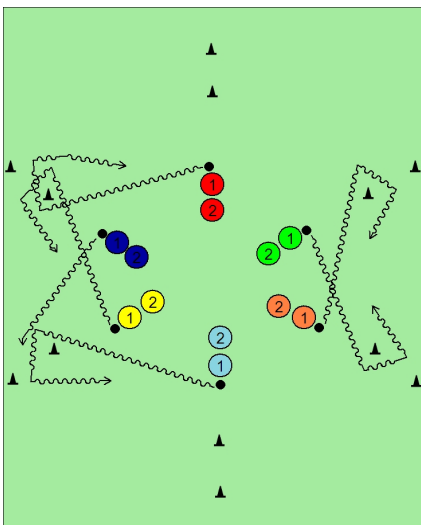
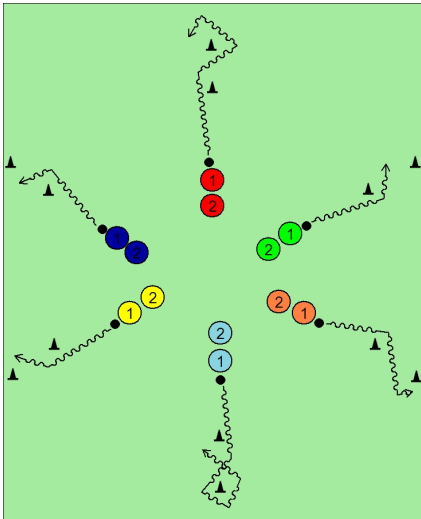




Starfish



How it works

Player 1's dribble the ball out to their cone gate on a signal from the coach and have to do the following depending on the number called:

- 1 - dribble to touch the first cone and then back to their partner;
- 2 - dribble to touch the second cone and then back to their partner;
- 3 - dribble to touch both cones, returning to their partner after each one;
- 4 - dribble the ball in a figure of eight pattern around the cones and then back to their partner (as shown in the diagram);
- 5 - dribble the ball through the cone gate and pass back to their partner.

6 - dribble the ball through any other cone gate apart from their own (as shown in the diagram).

7 - dribble the ball through their own gate and then every other gate around the circle before going back through their own gate and returning to partner.

8 - dribble to the cone gate, perform ten actions of any skill eg. toe taps/ instep touches and return to their partner.

Player 2 performs the same skill and partners compete to finish first.

Possible changes

Start without the ball doing running relays.

Any other dribbling/passing skills or fun things you want to include.