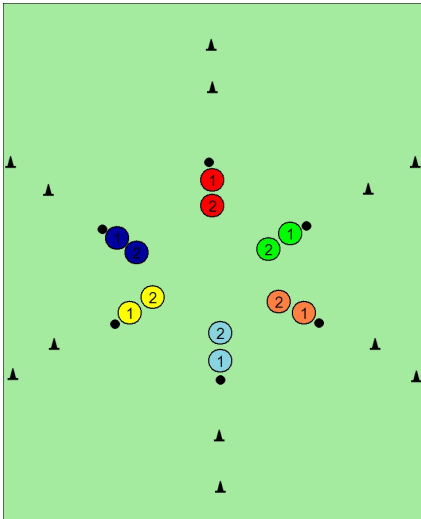




Starfish



How it works

Player 1's dribble the ball out to their cone gate on the whistle or call of the coach and have to do the following depending on the number called:

- 1 Dribble figure of 8 around the cones and then back to their partner.
- 2 Dribble the ball through the cone gate and pass back to their partner.
- 3 Dribble the ball through any other cone gate apart from their own.
- 4 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.
- 5 Dribble round the first cone in the gate and back, then dribble round the second cone in the gate and back.
- 6 Dribble to the cone gate, perform 10 of any skill eg. toe taps/ instep touches and return to partner.

Player 2 performs the same 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.