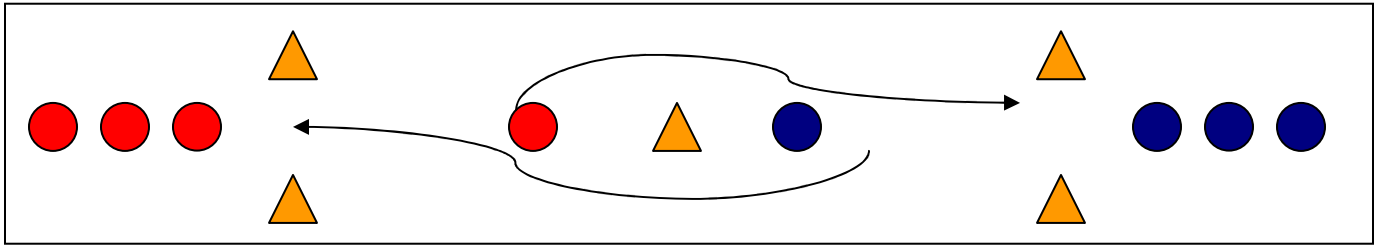


Dribbling Cones



Purpose: To improve players overall dribbling skills.

Set Up:

Separate your team into groups of 4-5 players. Place one cone in the middle and 2 cones at each side (5 yards from the middle cone). Both first standing players in the two lines should start to dribble the ball forward.

This drill can be improved by asking players to perform a move before dribbling to left of cone (cut, step over, etc.).

Performing the Drill:

The red players should dribbles to the left of the cone after performing the move and the blue players should run to the right. When they are 1 yard from their respective lines they should pass the ball to the first standing player and then jog at the back of that file.

Variations:

You may vary this drill by restricting your players to perform one specific move. Or consider limiting which foot can be used. Once your players are comfortable with the drill you should involve other more difficult moves.

Equipment:

5 Cones, 2 balls.

Players on both sides can work on arriving at the center cone at the same time. Players may be comfortable starting this drill slowly at first. Practice moves players will use in a game.