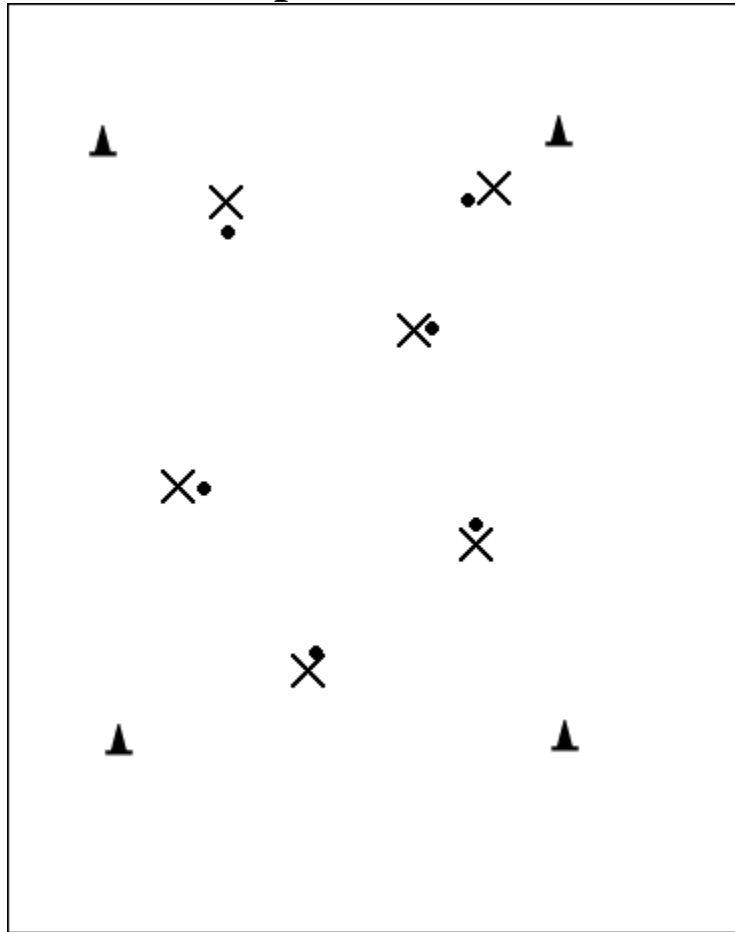


Go Speed Racer Go



Go Speed Racer Go - fun dribbling drill for younger players

Setup players in a rectangular area. Each player with a soccer ball.

Coach yells "Ladies and Gentleman, start your engines". All players have to tap top of the soccer ball with the bottom of their cleat ten times.

Coach yells "first gear" --- players dribble their soccer ball slowly.

Coach yells "second gear" --- players dribble a little faster.

"third gear"-a little faster

"fourth gear" - as fast as they can.

"third gear" to "second gear" to "FOURTH GEAR" then "BRAKE" (players stop the ball immediately)

If two players balls touch "CRASH" -- five push-ups outside circles

Coach can yell "reverse" everyone has to reverse their race car (this amounts to a pullback for younger players).