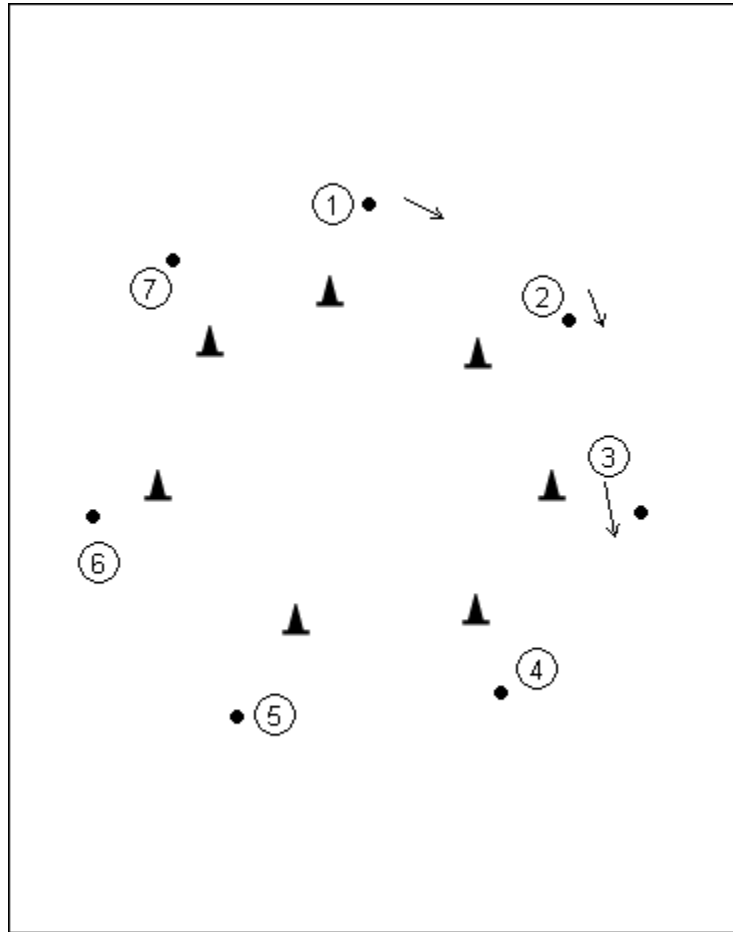


SPEED RACER



SPEED RACER - Dribbling for younger players.

Create a large circle with cones (you may also use the circle in the center of the field).

Players find and stand next to Cone.

On coaches' whistle, the player race around the track and try to be the first one back to their cone.

After 30 seconds in one direction tell players to go in any direction. This will force players to maintain control.

Progression- tell players they can go in any direction. This will force them to keep their heads up