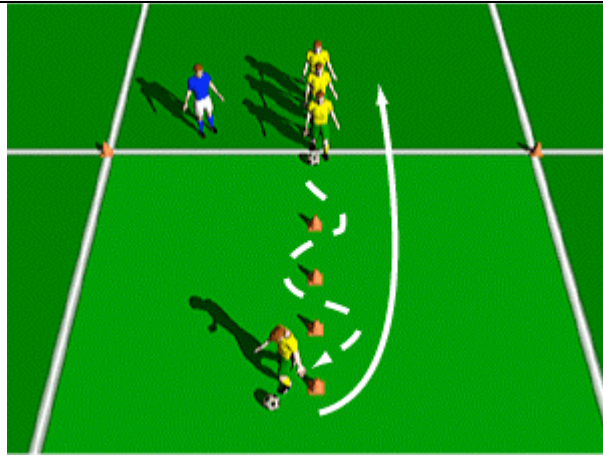


Dribble #1



The Wiggles

Divide your players into two small groups. Each player has a ball. Place 4 cones in a line, approximately 1 yard apart.

The two teams play a competition to see which team can dribble (wiggle) through the cones first.

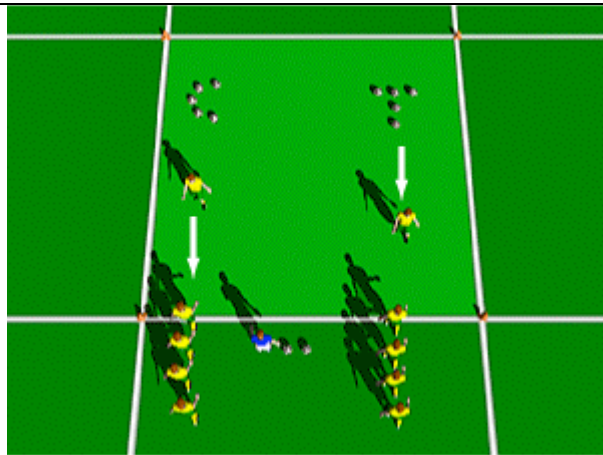
On the coach's command, the first player dribbles through the cones and dribbles directly back to the end of the line. The drill is performed by all the players in the group until the last player returns. First team back wins.



Dribble through the Gates

A group of players are positioned in a grid 20 yards x 20 yards. Two defenders wearing colored vests are also placed within the grid. A series of gates are made using cones and spread out evenly throughout the area.

The gates are approximately 1 yard wide. On the coaches command, players with a ball must attempt to dribble through as many gates as possible within 3 minutes. The two defenders have to prevent the players from dribbling through the gates. A goal is awarded for every gate a player can dribble through. Make a competition to see who can score the most goals in 3 minutes.



The Alphabet Game

Divide your group into two teams. Each player as a ball.

The object of the game is for each team to make a letter.

On the coach's command, the first player dribbles their ball and leaves the ball. The remainder of the team has to complete the letter by leaving their ball and help make the letter.

Coach can pick letter or leave it up to the team to decide.

Coach can award a bonus point if team can name an animal, country, cartoon character which start with that letter.