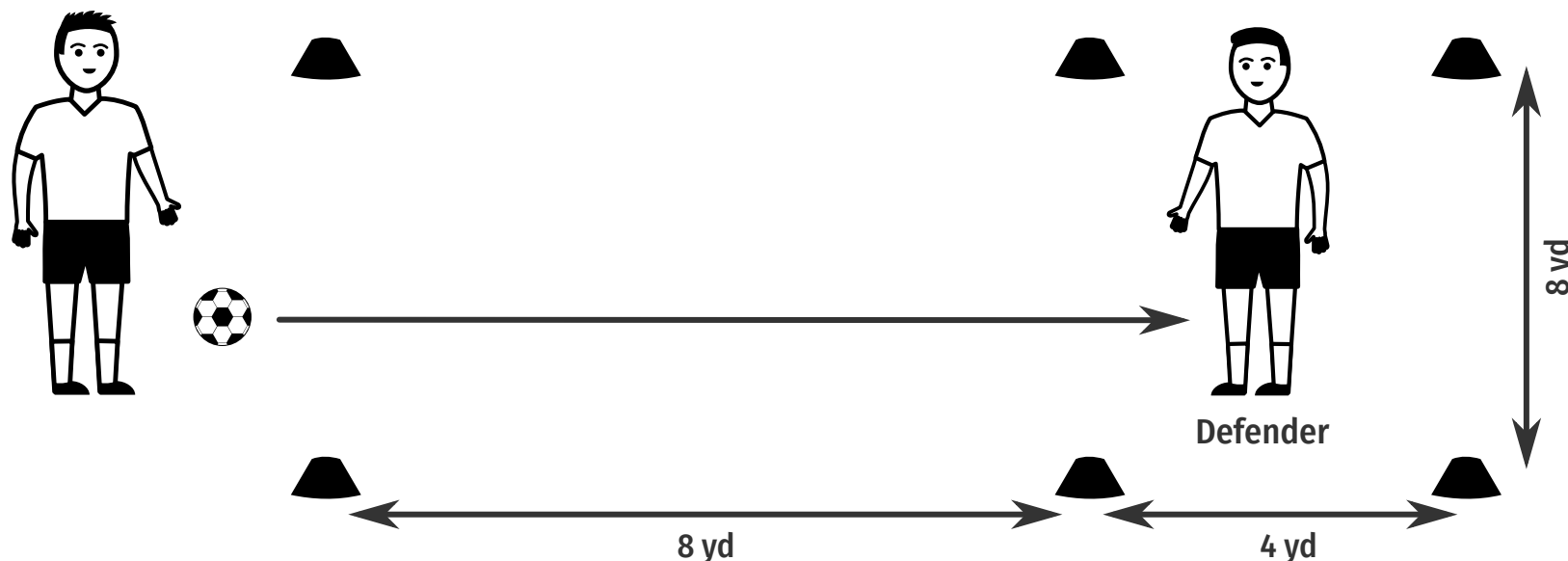


# 1 v 1 Dribble

6 Cones, 1 Ball

**OBJECTIVE:** Dribble ball past target line & place bottom of foot on ball in target box.



## Rules

1. At whistle, one player with stationary ball behind the 2 starting cones starts dribbling toward opposite side.
2. Other player starts behind 2 middle cones.
3. As soon as player starts dribbling, other player can move across line.
4. As soon as player places bottom of foot on ball in target box or ball goes out of bounds, the dribbling player places the stationary ball behind the 2 starting cones & starts immediately again. Repeat until whistle.