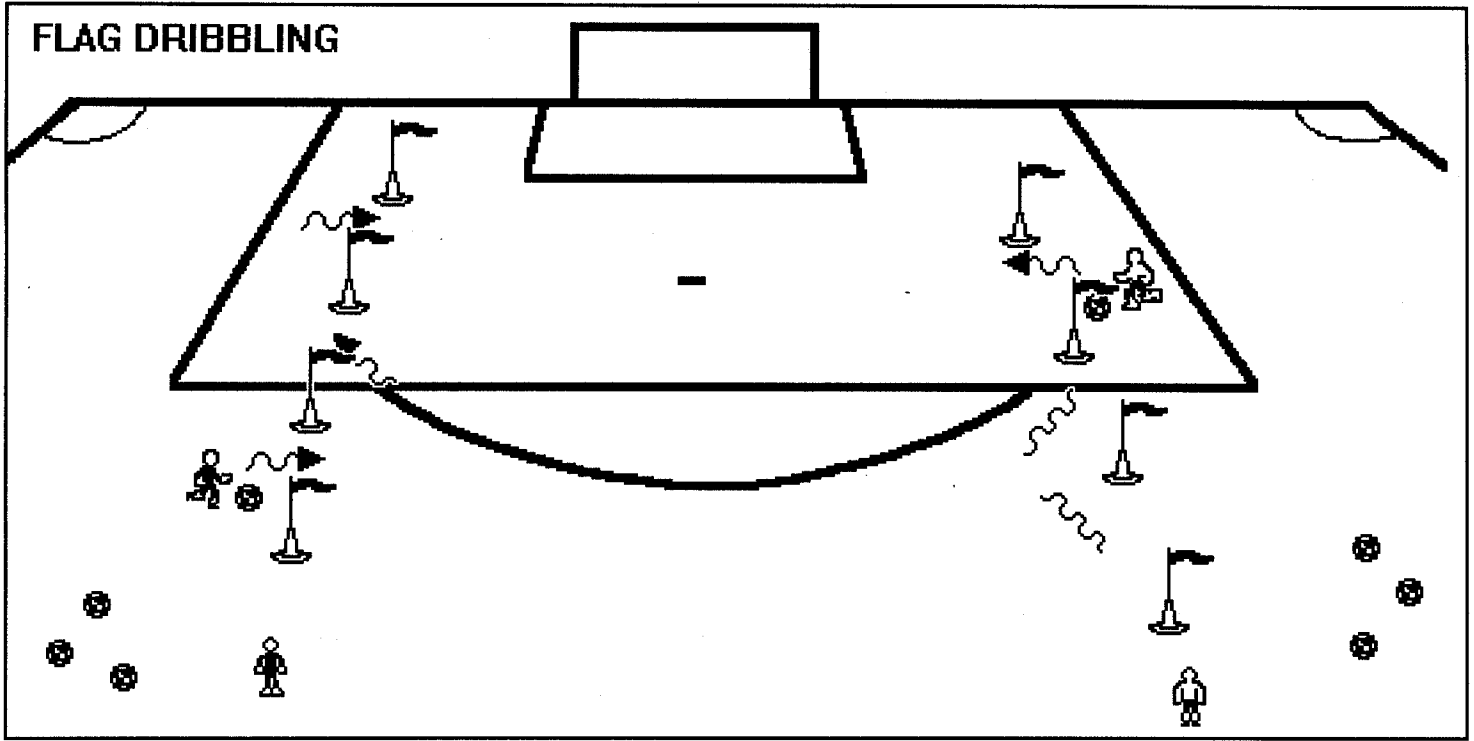


FLAG DRIBBLING



FLAG DRIBBLING

Set up a series of flags or cones. Players, one at a time, must dribble through the flags then shoot on goal.

COACHING POINTS:

1. Players should go as fast as possible.
2. Encourage small fast steps.
3. Encourage players to keep body low as they change direction from flag to flag.

TRY THESE VARIATIONS:

1. Have players use outside of foot.
2. Have players use inside of foot.
3. Have players use right foot only, then left.