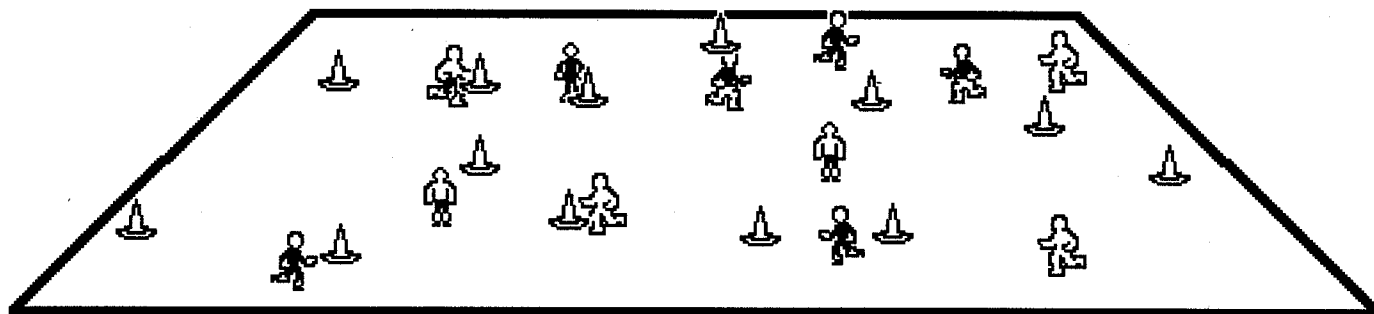


## CONES DRIBBLING



### CONES DRIBBLING

Spread cones or discs all over the field. Coach signals to begin the game. All the players pick up as many cones as possible while controlling their soccer ball. Each player should keep track of how many cones they get. In the next game they try to get more.

### COACHING POINTS:

1. Make sure the players dribble while they go from cone to cone.
2. As players pick up cones they must bend down, this is good dribbling form especially when changing direction. Players should lower their center of gravity by bending down. This will allow sharper changes of direction.
3. Encourage players to beat their best. This will force them to go faster.

### TRY THESE VARIATIONS:

1. Use only right foot, then only left.
2. Player must dribble around the cone before you pick it up.
3. Player must roll ball over cone with the sole of foot.
4. Player must dribble from cone to cone but then hit it with a pass.