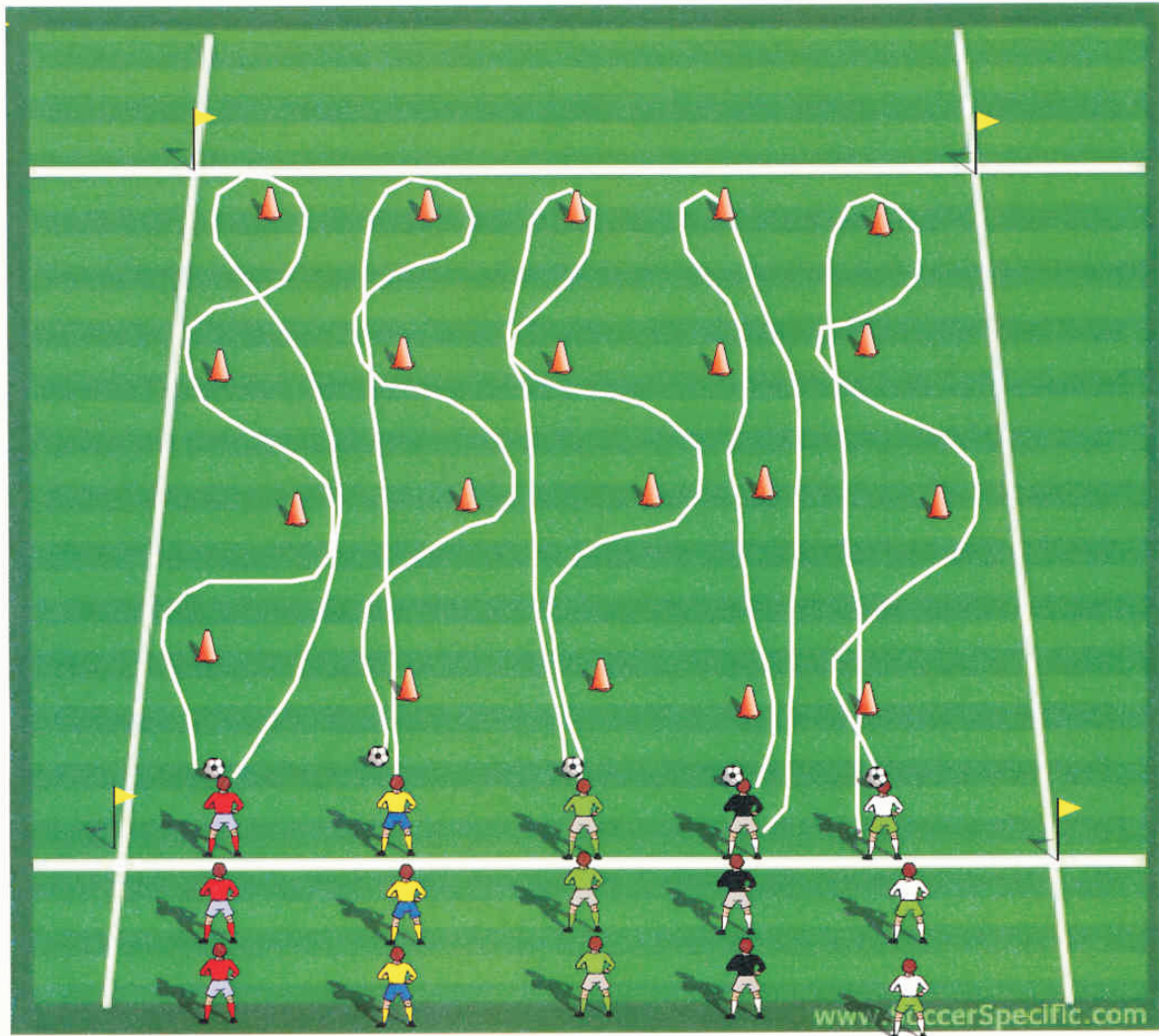


Team Races



Purpose: Dribbling using speed accuracy

Organization

1. Each team is given a country name for example- USA, England, Brazil, etc
2. Players zip-zap in and out of the cones on the way up and then dribble back as fast as they can
3. Players must dribble the ball all the way back and not pass it back
4. First team back is the winning team
5. Make sure that no team has no more than three players so players do not have to wait long

Progression

1. Dribble up to the end cone and perform a turn of the coaches choice ie. Inside, Outside etc
2. Make it fun, players must run with the ball up the shirt or between the knees, etc.

Coaching Points

1. Keep the ball close
2. Head up
3. Use both feet