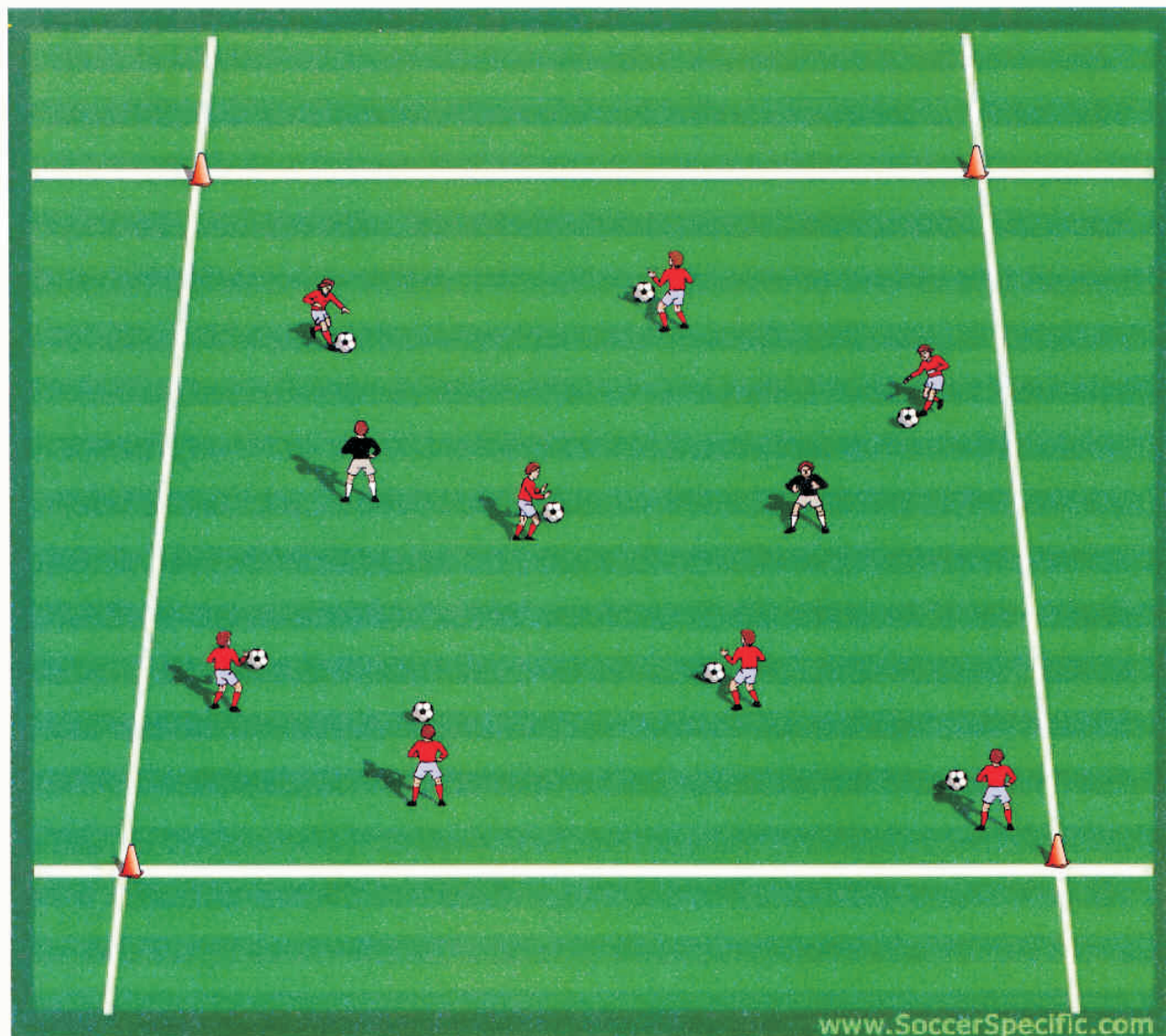


# Motor Racing



**Purpose:** To encourage the technique of dribbling

## Organization

1. Players dribble around the grid using all surface of the foot. The challenge is to dribble around the grid without touching any other players
2. Players are encouraged to make the noises that a car makes and coach calls at what speed they should play at. For example, first gear is slow and fourth gear is very fast
3. The coach adds two players in a color jersey. The players need to avoid these men in the middle
4. When the coach calls change cars, the players stop the ball with their foot and go and find another ball

## Coaching Points

1. Keep your head up
2. Use all parts of the foot
3. Look at change of pace
4. Look to dribble in different directions and not in circles