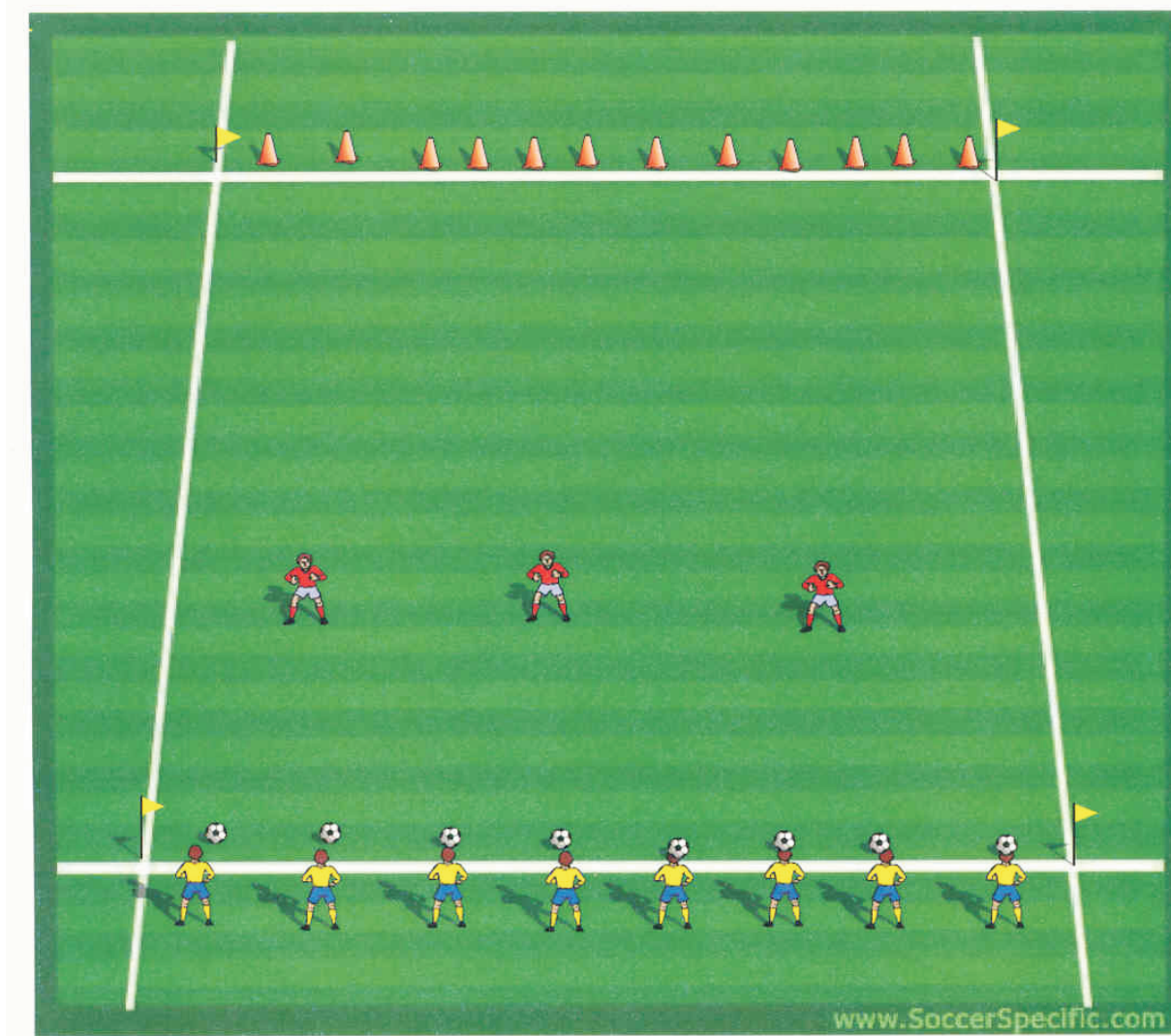


Treasure Trail



Purpose: Encourage dribbling technique, focusing on head up and accelerating away from the defenders

Organization

1. One team lines up across the bottom
2. Three players then line up as pirates and face opposite them
3. The three players try to defend the treasure, while the players with the soccer balls try to dribble past them and get the treasure
4. Once they have dribbled past they must knock the cone over with the ball and bring the treasure back
5. If they are tackled on the way up, they must dribble back to the line and start again

Coaching Points

1. Keep your ball close and under control
2. Dribble around the defenders by keeping your head up and looking for the space
3. Look to accelerate away and attack the cones as soon as you are past the defender (change of speed)