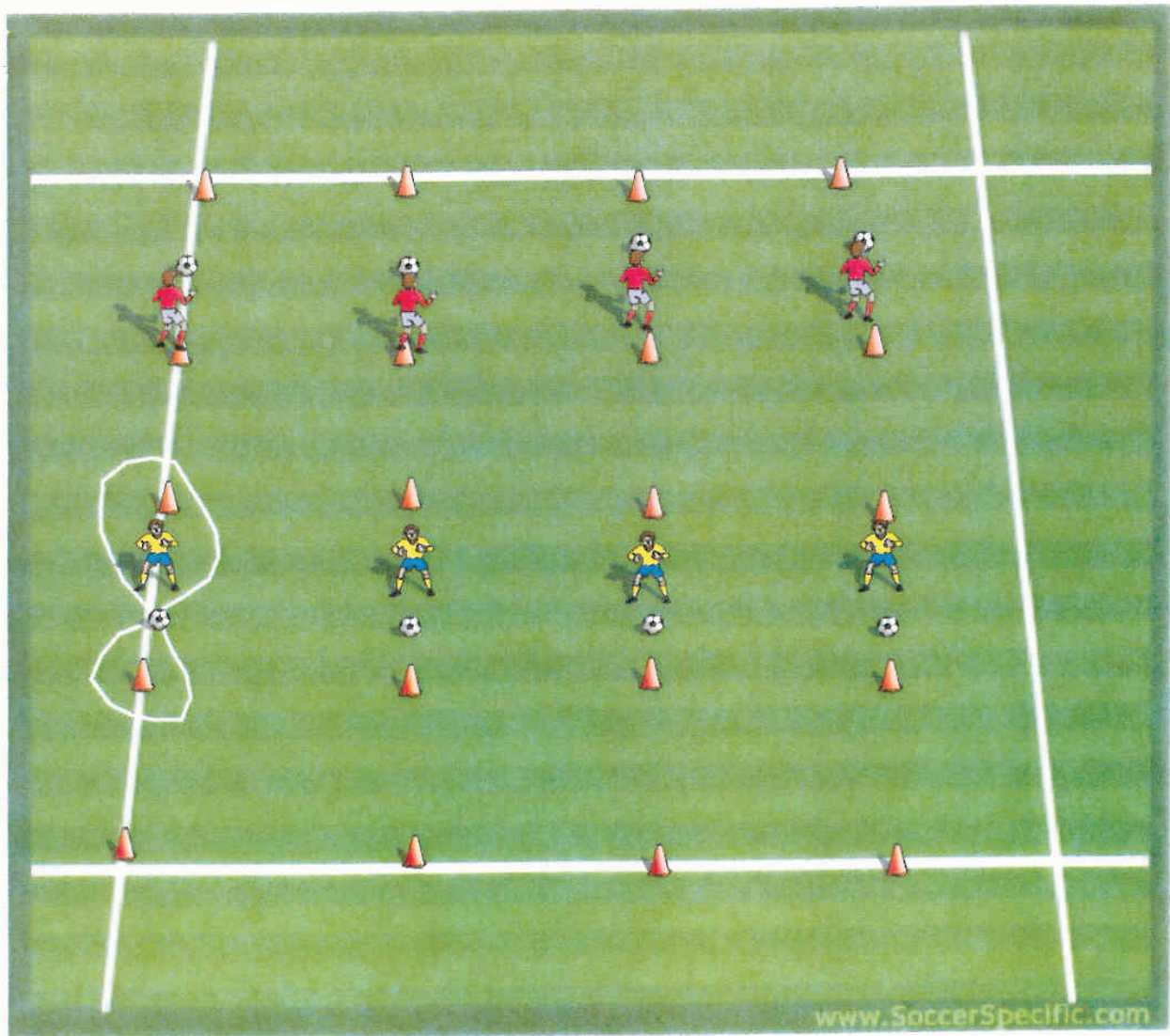


# Dribbling



**Purpose:** Focusing on foot skills

## Organization

1. Begin dribbling around the cones in a figure eight as shown above

## Progression

1. Dribble around one of the cones with your right foot, when the player comes to the opposite cone use the left foot
2. Dribble around with the right foot only but stipulate, inside of the foot at the first cone, outside the foot at the second cone

## Coaching Points

1. Forces players to use both feet
2. Keep the ball close
3. Keep the head up