

Beat The Clock

Emphasis: Dribbling



Set-up:

30 x 30 yard grid. One ball for each player. 12 – 18 players. Cones placed in pairs approximately 1 yard apart around grid to form gates.

Objective:

Players must dribble their ball freely around grid using all the surfaces of their feet. On “Go” players will try to dribble through as many gates as possible in the designated time (approx. 30-45 seconds). Player with the highest score wins the game. Players cannot go through the same gate twice in a row.

Progressions:

Add defenders to try to kick balls out of the grid or to protect the gates.

Coaching Points:

- Push the ball out in front of you.
- Keep head and eyes up to avoid collisions.
- Try to maintain a high speed for the entire work period.