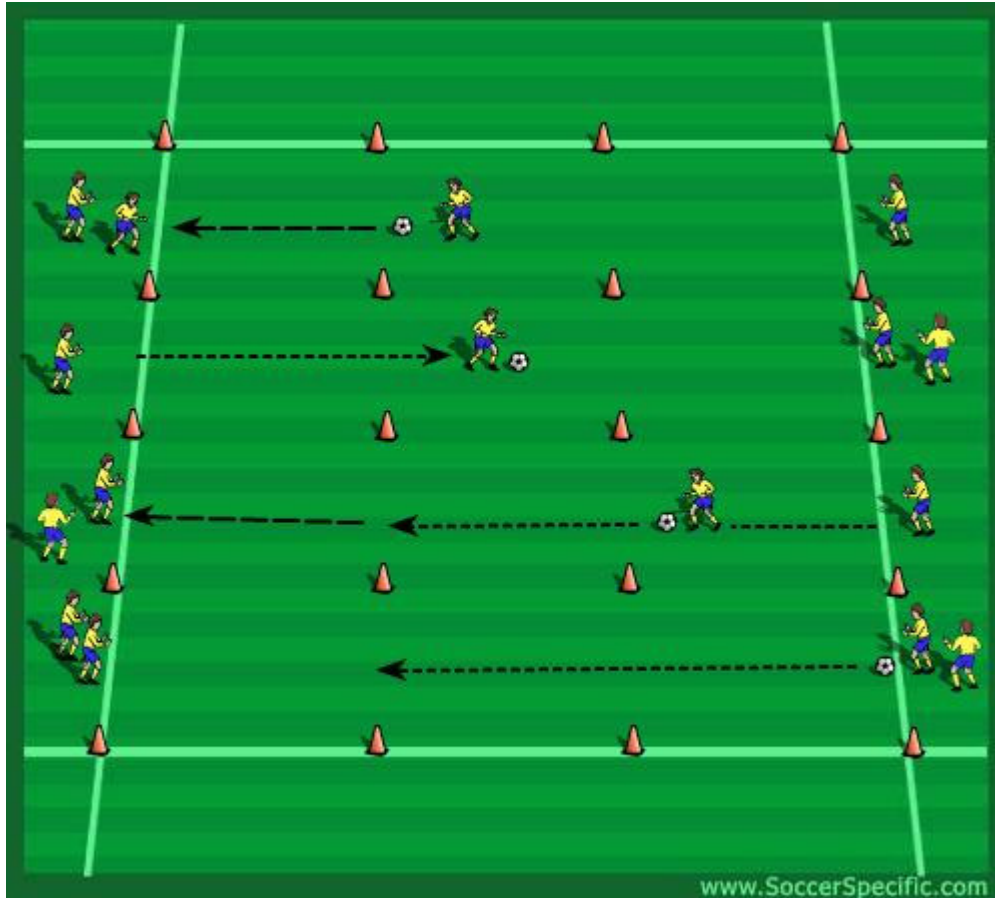


Fast Lane

Emphasis: Dribbling



Set-up:

40 x 30 yard grid with cones at the 10 and 20 yard marks to create lanes 10 yards wide. Groups of 4 with 1 ball per group.

Objective:

Players are numbered 1 – 4. On coaches command player 1 dribbles to the 20-yard mark and passes to player 2. Player 2 receives the ball and dribbles to the 20-yard mark before passing to player 3. Player 3 receives the ball, dribbles to the 20-yard mark and passes to player 4 etc, etc. Game continues until all players have returned to their original starting positions. First group of 4 to complete the cycle wins the game.

Coaching Points:

- Push the ball out in front with the first touch.
- Accelerate at the point of the first preparation touch.
- Try to maintain a high speed for the entire work period.