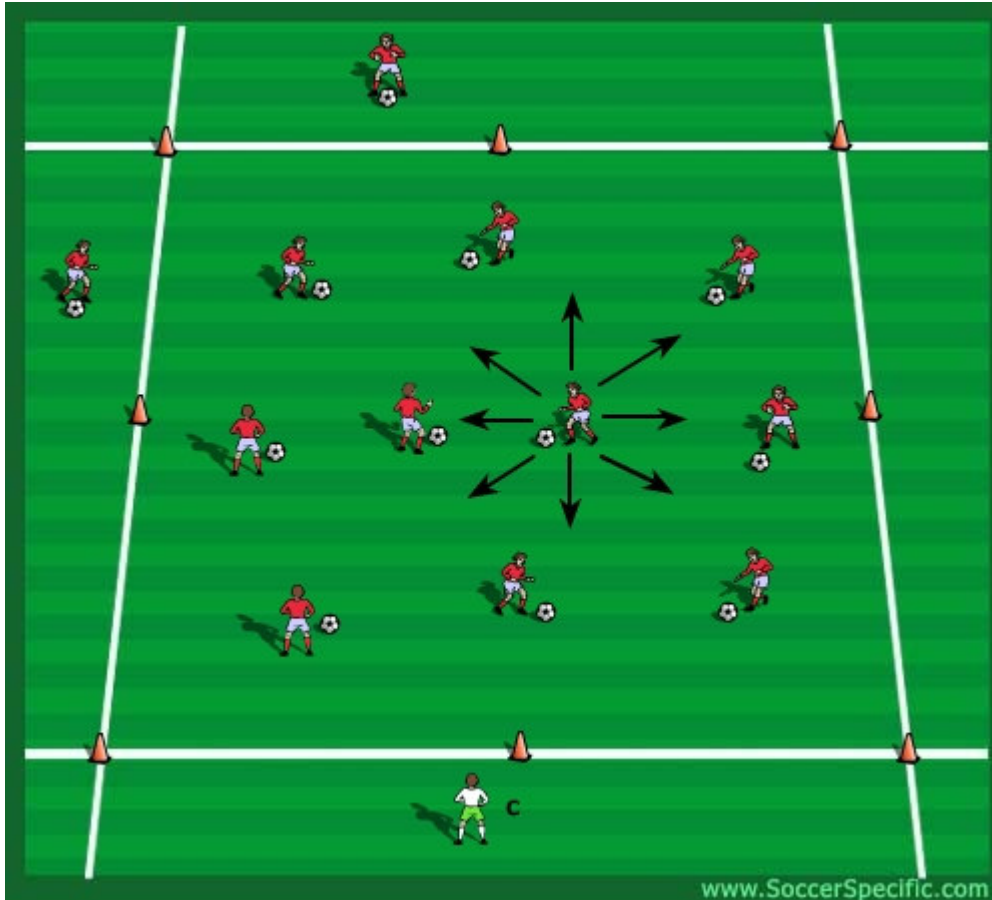


Indianapolis 500

Emphasis: Dribbling, ball control



Set-up:

Set up a 15x20 yard grid (race track). Place all of your players in the grid with a ball.

Objective:

The players must not crash into the cones (rails). If the players (collide) with each other or the cones (rails), they must go outside the grid, and do fast footwork with the ball. For example; toe touches on the ball, quick passes side to side, or quick turns with the left and right foot. The players (cars) must obey the coaches (race director) shout. "Shift gears"-change directions, "red flag"-stop the ball, "blue flag"-stop the ball with the knee, "yellow flag"-dribble slower, and "green flag"-accelerate to top speed.

Progression:

1. Make the grid smaller and more congested.
2. Players must only use the left foot only....

Coaching Points:

- Keep the ball close to your body.
- Concentrate on change of direction away from pressure (other cars).