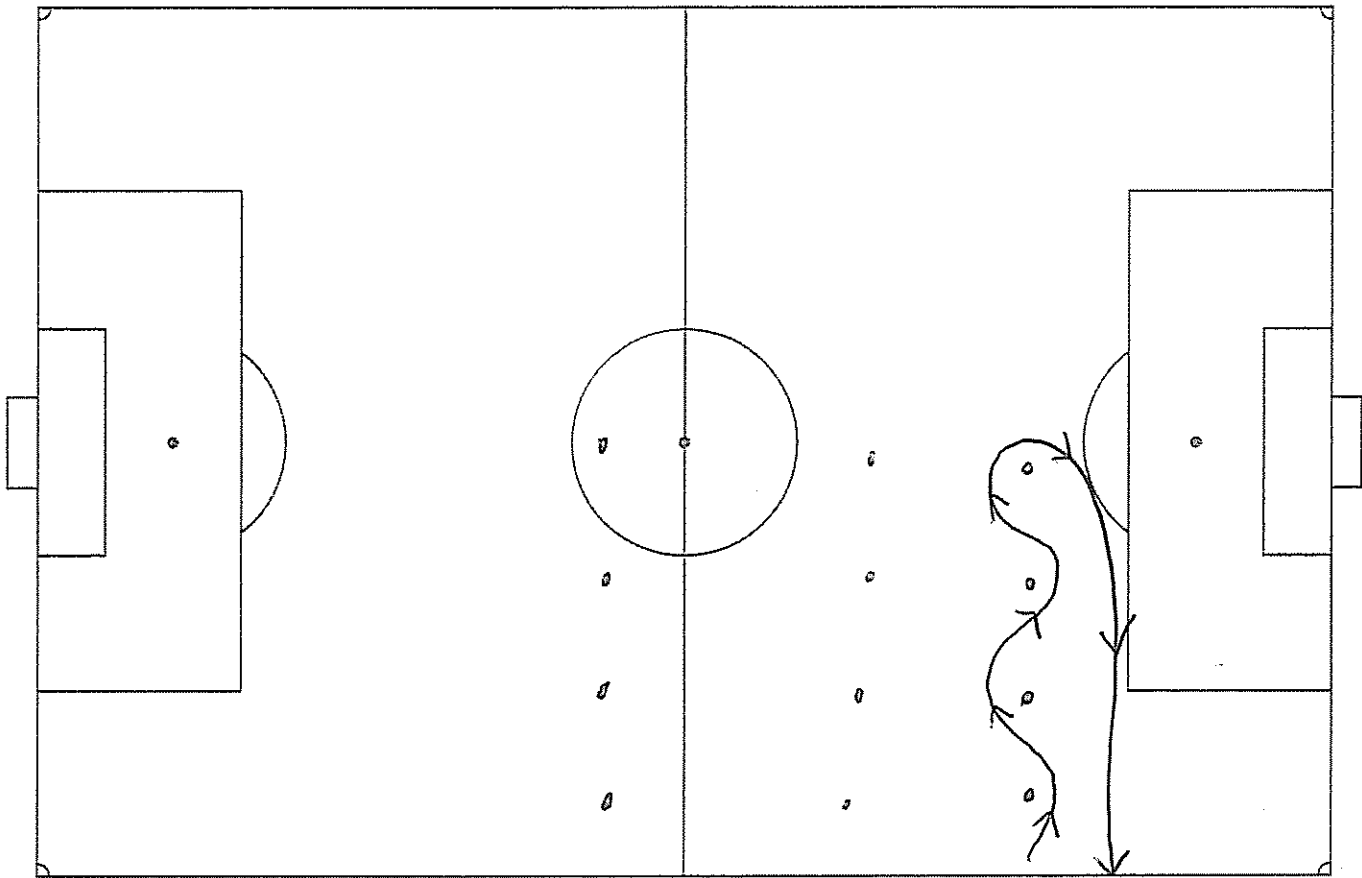


CONCEPT: DRIBBLING
Duration: 10-12 mins
AGE GRP: U5 + U6



"SHUTTLE RACE"
Z
Z
Z
Y
Y
X₁
X₂
X₃

- 3-4 players on teams
- 4 cones in a line 5 yds apart
- First player on each team weaves in and out of cones, once to end dribbles fast straight back to sideline
Player 2 Then does the same.
- First team to complete wins. "Non winners" have to do something goofy (dance in place, howl like a wolf etc)
- Progression: only use same foot (all left foot etc) when doing the shuttle.