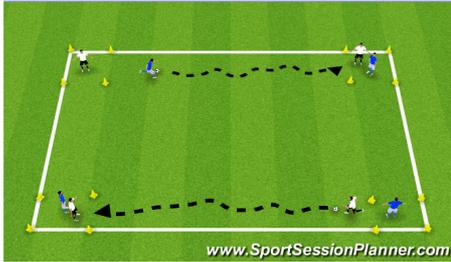## Time Dribble

Set up a 20x20 yard area with 2x2 yard boxes at each corner and place one player in each box as shown. Have two teams compete against each other in same area.

Player from box 1 dribbles as fast as they can to box 2 and stop the ball inside the box. 2 dribbles to 3 and stops the ball inside the box, and 3 repeats that to 4. Player from box 4 finishes by dribbling into the empty box 1 and stopping the ball. Time the groups to see who is the fastest, or give them a specific time to beat. Ensure they repeat going in the opposite direction.

Time Dribble II

Set up same as before but now add a diamond in the middle, and each player has to dribble around the cone before going to the next box as shown.

Ensure they repeat in the opposite direction.

Dribble for Time and Space

Set up same as before but add a second smaller diamond as shown to make the dribbling harder for the players.

You can create a pattern to dribble through for each player to intensify the dribbling and emphasize certain cutting and dribbling techniques.

Ensure players repeat in opposite direction.

Relay Pass and Dribble
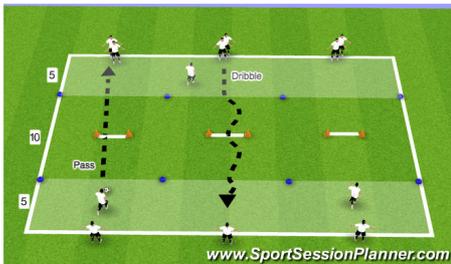
Set Up: 20x30 yard area with three groups of 4-5 players.

Players dribble to end of the 5 yard zone and attempt to pass through the gate 5 yard gate to their teammate on the other side. They follow their pass to the other side. The teammate dribbles back through the gate and hands the ball off to the waiting player. First team to get all players back to their starting posiiton wins a point.

Relay Dribble

Set Up: Same as before but add a cone each side of the gate for players to dribble around.

Players dribble around cone and through gate, avoid cone on other side of the gate and pass to teammate, and follow pass.

Small Games

Set Up: Four 20x15 yard boxes and play 2v2 and 3v3 (depends on numbers) in each box to two goals. Use a restraining line in each box. Score a goal be dribbling through the goals.

Play for 5 mins each game and rotate the white team to the left after each game.