

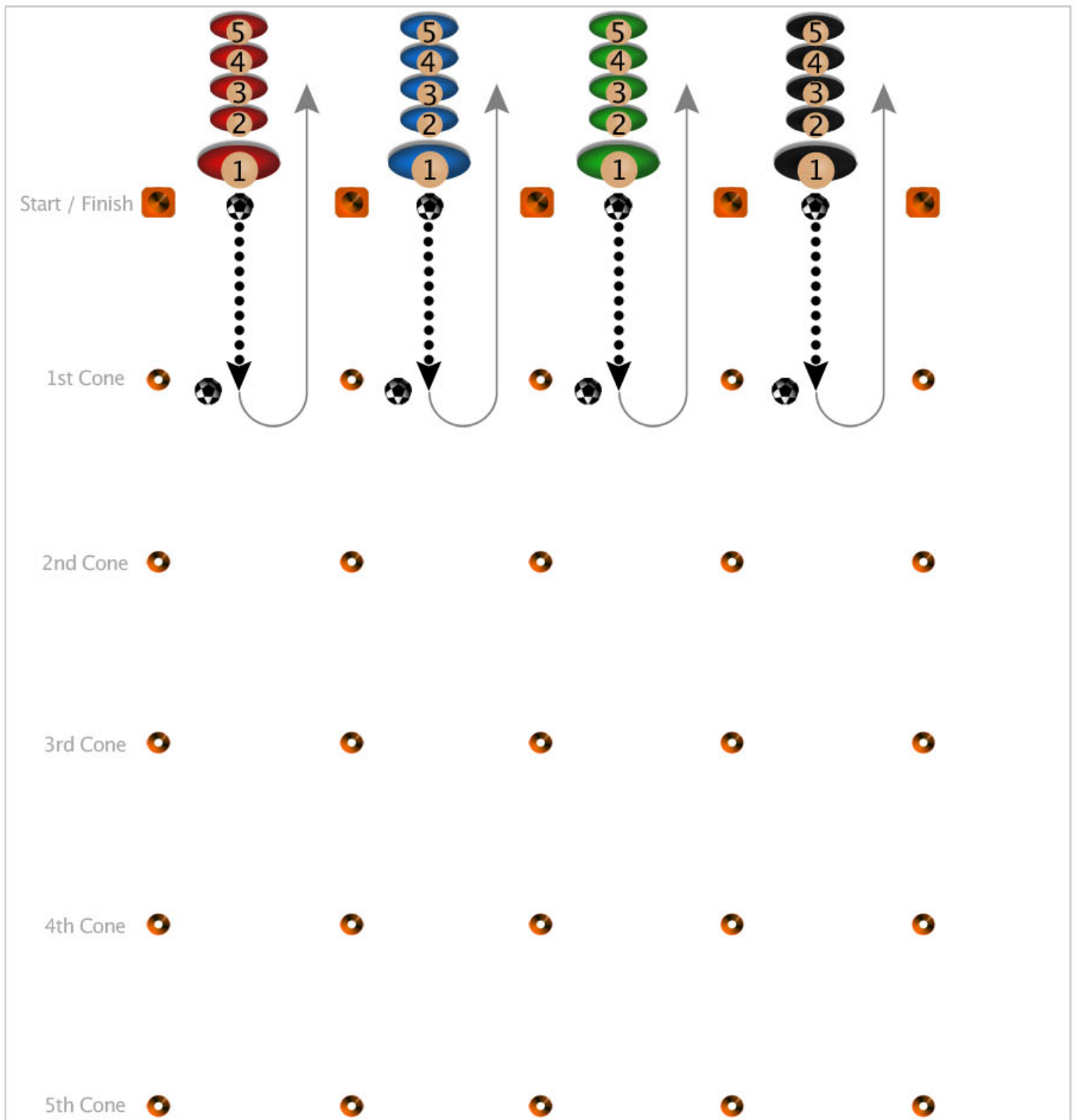
## Football

## Cone by Cone Dribbling

**Setup:** Set out a 20 x 25 yard area. 5 players per team, 4 teams per group.

**Aims and Objectives:** To develop sprinting, teamwork and ball control. Each team starts at their own gate, sprints dribbling the ball to the 1st cone and stops the ball, then leaving the ball sprints back to the beginning. The next player sprints to the ball, dribbling it to the 2nd cone, stopping the ball, leaving it and sprinting back to the beginning. Repeat this process until the final cone is reached, then reversing the practice bringing the ball back one cone at a time.

**Key Points:** 1. Sprint to the ball. 2. Handling. 3. Teamwork. 4. Good first touch. 5. Quick control.



Football

Cone by Cone Dribbling

Breakdown of Drill

