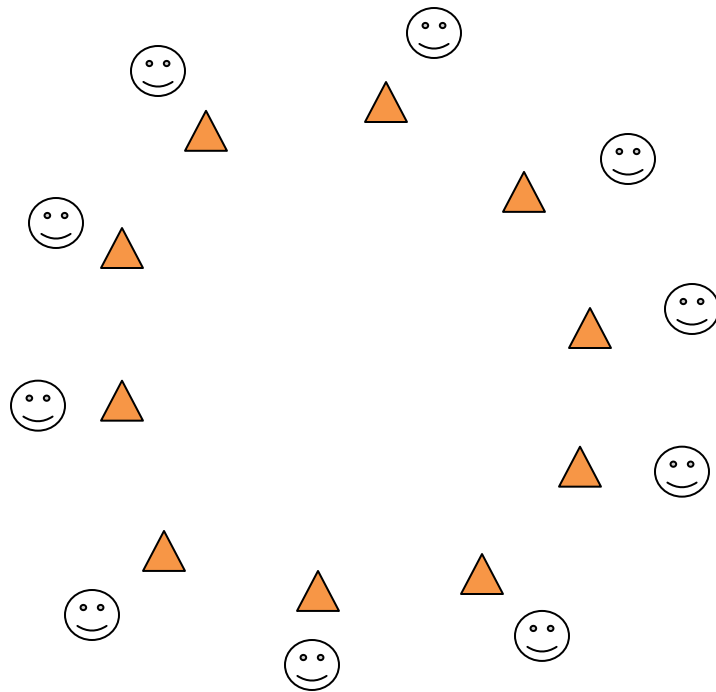


Speed Racer

Goal: Develop dribbling skills for young players.

1. Create a circle with cones approximately 30 yards in diameter.
2. Have as many cones as players.
3. When the coach blows his whistle the players dribble around the circle and must stop at his or her cone.
4. The first player to return to their cone is the winner.



Coaching Points: Make sure players are dribbling under control and they are looking up periodically. Vary the direction the players go (clockwise and then counter clockwise). After the players improve allow the players to pick which direction they would like to go.