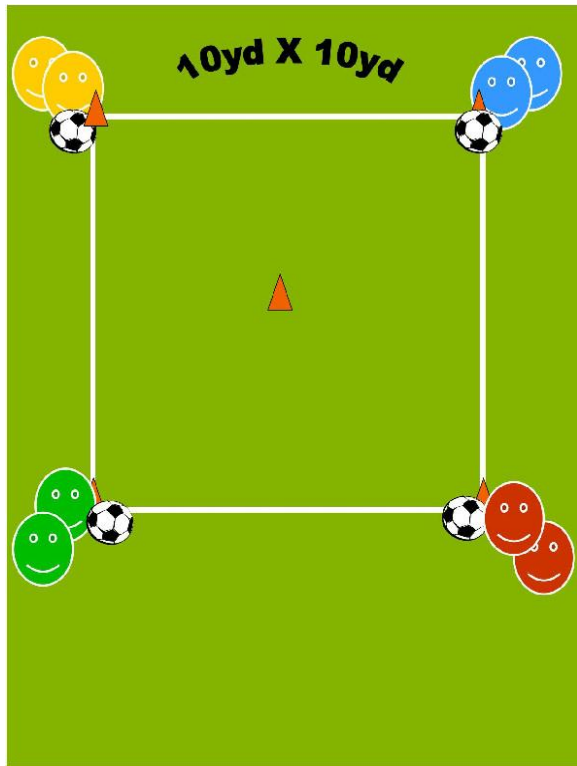


Four Corner Dribbling Skills (All Ages)



Players in each corner take turns dribbling to the cone in the middle of the grid and back. Each corner does this simultaneously.

Variations:

1. Have players dribble to the central cone with a particular foot (left or right) or with a particular part of their foot (laces).
2. Have players dribble to the central cone and then to the next clockwise cone. For example, the purple players would dribble to the central cone and then to the red players' cone. The red players would do the same, but would end at the green players' cone.
3. Have players dribble to the central cone and then pass the ball to their waiting partner. The first player would return to the corner and await a pass.

Focus:

Players should keep their heads up. Coaches should emphasize the particular skill being targeted, i.e. laces only or proper passing technique.

