



ACTION:

On the coach's whistle, the first players in each group sprint towards the ball in front of them. They then shuffle left (without touching the ball) across the 5yd square, run backwards to the next corner, shuffle right to the home corner and sprint forward to the ball. They collect the ball and dribble, at pace, to the 'goal', stopping the ball between the cones. The first player to stop with one foot on the ball between the cone wins. Player returns to his/her team, ball is replaced and the next players start on the coach's whistle.

TIPS:

Player should not cross their feet when shuffling sideways.
Good balance and fast feet are important.
If two Mini goals are available then this is a great shooting drill, with players having a shot instead of stopping the ball between cones.

NOTES:



SPEED

SET UP:

Two target 'goals' set up as shown.
5 x 5yd area with two balls placed a couple of feet wide of the cones as shown.