

“Dribble Around the Cone & Pass” Relay Race

Divide into teams with 2 - 4 players per team. Players dribble the ball around a "Turning Cone" that is about 6 to 15 steps from the "Starting Cone" and the dribbler can pass to the waiting teammate as soon as he goes around the "Turning Cone". One point for each completed pass. This is a good game to play right after "Dribble Across A Square", because you can use the cones that are already on the ground.

Teaches: Speed dribbling (aka "Running With The Ball"), turning, passing and receiving at "Game Speed" and while under pressure.

It also teaches the Passer how to kick the ball while running and under pressure, to pass quickly after having made a turn, and that the Passer should quickly move after making a pass (and not stand still, so it helps teach the concept of "Movement Off The Ball", as opposed to making a pass and just standing there).

It also teaches Receivers that they must anticipate the pass and be alert and move to the ball, instead of waiting for the ball to come straight to their feet (this is a common mistake young players make - they wait for the ball to come to them, instead of going to the ball - in this Practice Game they will learn to watch for the pass and anticipate it's direction and move to the ball - if they don't, they will lose the game, because there will be bad passes and the receivers that stop those bad passes or run to the weak passes will win the game).

You can also teach Receivers to come to slow or short passes (so they get to the ball quickly), and to one-touch block the pass in front of them as a way to go faster. The game also teaches the Passer that proper "weight" of the pass is very important (the pass can't be too hard or too slow). **It can also be used to teach the receiver one-touch control, playing the pass into open space, and a quick first step into open space (as opposed to "2-touching" the ball and giving opponents time to close in). This one-touch style of play should greatly help your attack and your players will get used to one-touch and see the advantages. If they don't learn to one-touch, they will lose this game. They will also learn when to one-touch and to only 2-touch when they can't one-touch.**

Set Up:

1. Divide the players into teams of 2 players each. It's okay if one of the teams has an extra player (or a parent can play). Try to balance the teams so they have equal ability. After each game or two, you can change the teams.
2. Each team has one ball.
3. Use cones to make a "Starting Cone" and a "Turning Cone" for each team. Put the "Turning Cone" 6-15 adult steps away from the Starting Cone, as shown below. The distance you put the cones apart will depend on the age and ability of the players. Example, for U-10 Rec, put the cones about 8 adult steps apart. Put 4 to 6 adult steps between each pair of cones, so players have room to make a bad pass without getting in the adjacent team's way.

