

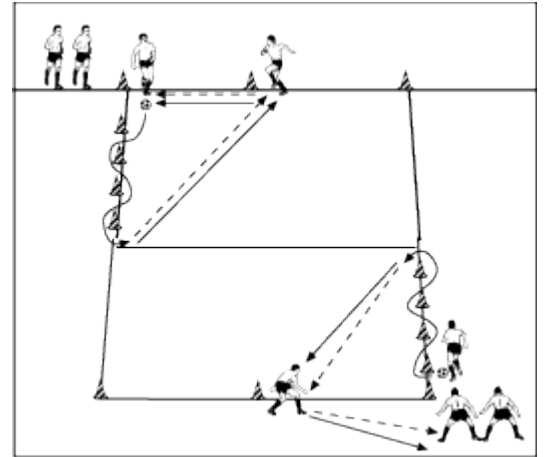
1. DRIBBLING AND PASSING I

Set Up

- Using four cones, mark out a 10 x 12-yard field.
- Place another cone in the center of each endline.
- Station one player at each center cone; the remaining players form two lines, one at each slalom course.

Sequence

- In this exercise, the corner cones are unoccupied.
- The following technique exercise runs simultaneously on both sides: The first player in the group dribbles through the slalom course and passes diagonally from the last cone back to the player on the endline. This player passes the ball to the next player in line, etc.
- All players follow their passes to their next positions.



Focus On

- Practicing dribbling
- Accurate passes over short distances
- Combining dribbling and passing as the situation requires

2. DRIBBLING AND PASSING II

Set Up

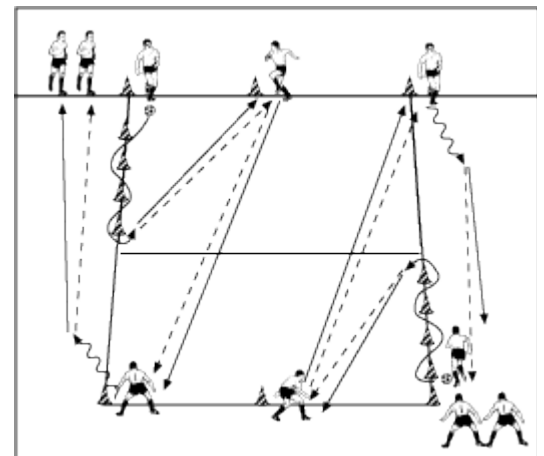
- Setup is the same as Exercise 1.

Sequence

- Players dribble through the slalom and pass diagonally back to the endline.
- The player on the endline passes diagonally forwards to the cone at the far end of the near sideline.
- All players follow their passes to their next positions.

Focus On

- Practicing dribbling
- Accurate passes over short and long distances
- Combining dribbling and passing as the situation requires



3. DRIBBLING AND PASSING III

Set Up

- Setup is the same as Exercise 1.

Sequence

- Like Exercise 2, except now, after the second diagonal pass, the player at the corner cone kicks a square pass a the endline (to the other group).
- As above, all players follow their passes to their next positions.

Focus On

- Practicing dribbling
- Accurate passes over short and long distances
- Combining dribbling and passing as the situation requires