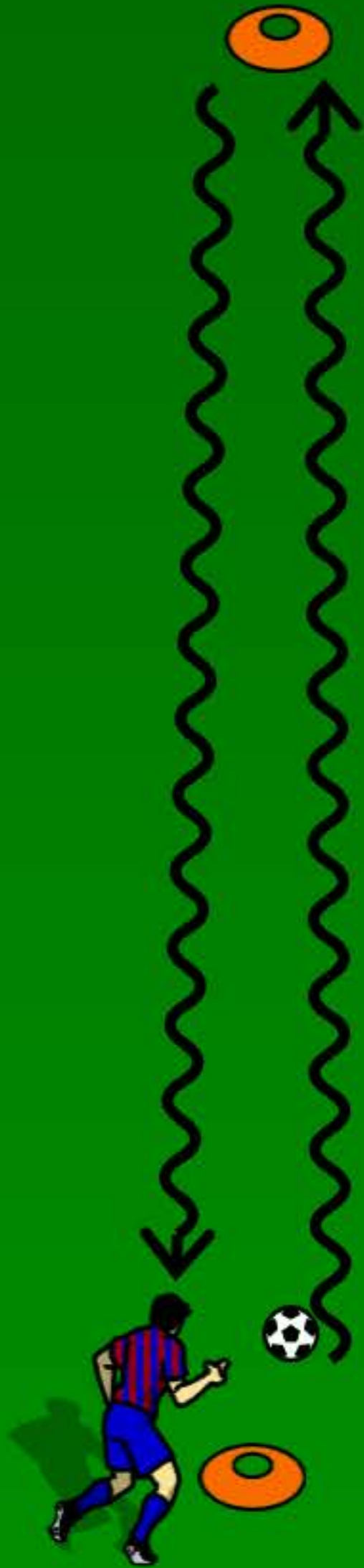


10 yards



**Speed Dribbling.**  
Player dribbles to the cone and changes direction using a move. (Zico, Beckenbauer, inside cut, outside cut or any move you know.)  
See how many cones you can get to in 30 seconds.



10 yards



5 Yards

**Dribble using inside and outside of the foot. Dribble in a figure 8 around the cones. See how many cones you can get to in 30 seconds. If you don't have cones you can use another item.**



8 yards



## Passing with a partner

Someone serves you the ball, you must take two touches one to control and one to pass back through the cones.

30 seconds. see how many you can get through the cones

4 Yards



1 Yard

