

## Triangle Dribbling



### **Organization:**

Set cones up to create a triangle for each player about 10 yards apart. Have players race around the grid to create a competition

### **Why:**

Improve ball skill, turns

### **Variations:**

Change the technique to get around the cones (chop the ball inside and outside, Toe touches, inside inside)

### **Coaching Points:**

- When dribbling for speed make quick touches using laces
- Dribble with head up
- Ensure players are using techniques instructed by the coach