

Screen 1 (15 mins)

Organization - two grids 6x8 with 2 meters in between each grid
- cones - one ball per player

Field Set up - cones placed along the lines at the side of the box
1/2 steps apart

Detail - players start diagonally dribbling up their sideline in between the cones - once they get to the end cone they sprint with the ball under control diagonally to the cones on the other line - repeat dribbling in between the cones - once they get to the end cone they sprint back to the start line - this is a race against your partner

Progressions - use left foot only/right foot only/both feet - for fitness use no balls

Competencies - arms out for balance - head up - close control - ideally one touch one step

