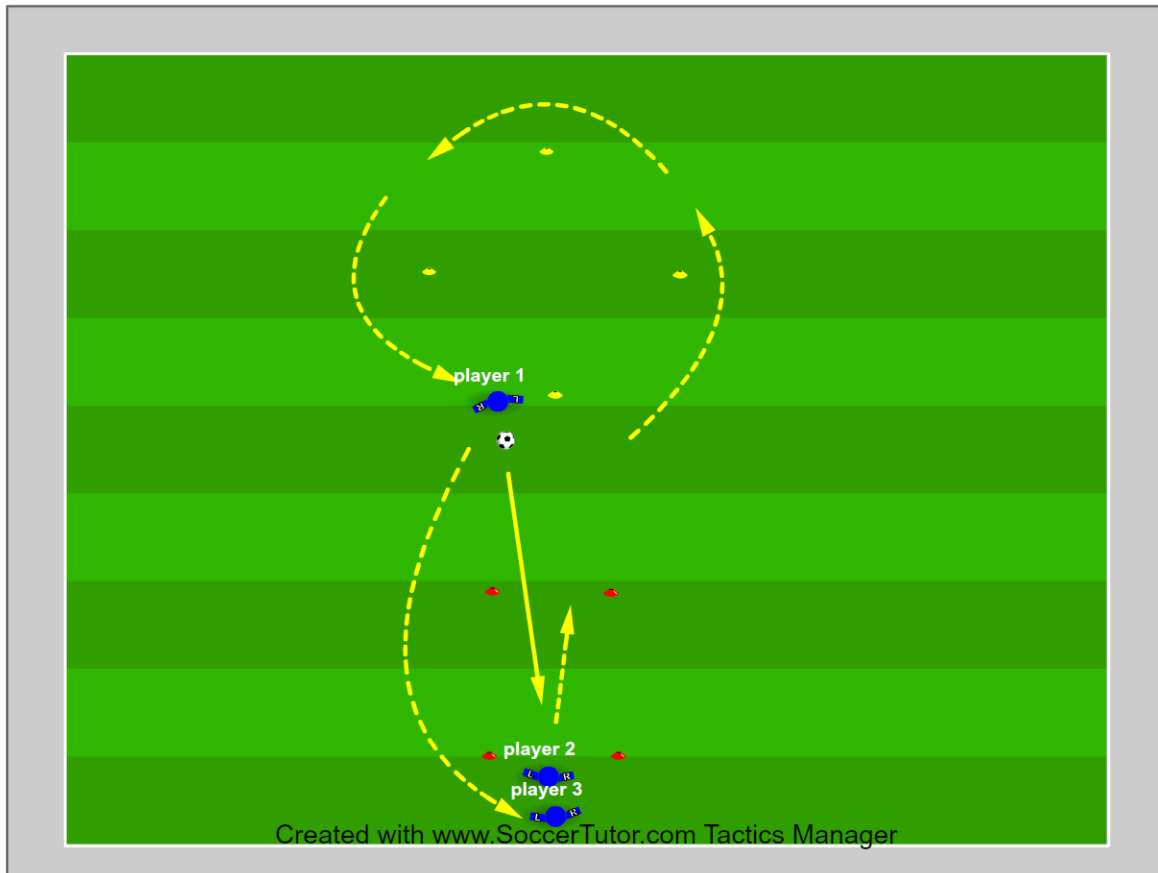


### DOC 3-12 Activity 3



<b>Date:</b>	12/Mar/2014	<b>Measurement:</b>	Select Pitch Area
<b>Time:</b>	N/A:N/A	<b>Players:</b>	0
<b>Duration:</b>	15	<b>Level/Age Group:</b>	U8 - U14

**Description:** Player 1 speed dribbles around all the cones and then plays the ball to player 2 then runs to the end of the line. Player 2 then speed dribbles around all the cones then plays the ball to Player 3. Pattern continues.

Make it competitive by making it into a race. i.e. each player has to go 3 times. Losing groups to something for losing. **BALL MUST BE PLAYED BETWEEN THE CONES TO COUNT.**

**Objective:**

- Coaching Points:**
- Strike through the Center of the ball.
  - Proper technique in passing and Receiving
  - Sudden Movement after the Strike
  - Positive first touch in the direction you want to go

- Progression:**
- Dribble with right/left foot only. -Turn around the cone with inside/outside of the foot only.
  - Perform a move in front of the cone before turning around it (Place a second cone for them to perform the move).