

## Cone Dribbling with vision

**Organization:** Place a row of four cones (1.5 yards apart) three yards in front of a starting cone. Place two small goals to the left and to the right on the other end of the row. Each player stands at a starting cone with a ball.

**Procedure:** Players start out dribbling (fast, loose) around the row of cones, then dribbling (slow, close) through them in a slalom pattern. Finally they dribble through the gate indicated by the coach's hand signal.

**Coaching:** The cones stand for defenders, so players should always dribble past with the foot that's farther away from the cone.

