

Dribbling through Gates

Using cones, place lots of little goals around the practice area. Spread them out. Make the cones about shoulder width apart. You can have some small goals and some large goals. When coach says go, player will dribble through as many goals as they can for a minute. Once time is up whoever dribbled through the most goals is the winner.

Variation:

- Right foot only
- Left foot only
- Inside of feet only

