

## Weaving through Cones

This will help the players learn to change direction when dribbling down the field.

Divide the players up into two groups. One ball per group.

The first player will dribble weaving through the cones up and back. Then they pass the ball to their teammate.

Have each player go a couple of times and then have them use only one foot.

### Variation:

- Right foot only
- Left foot only
- Do right foot only using both inside and outside of foot,
- Then left foot only using both inside and outside of foot

