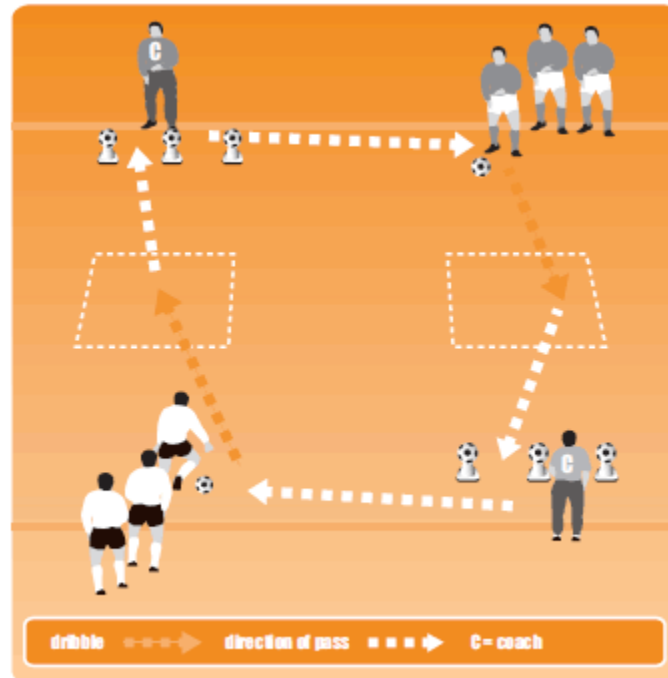


Dribble pass and knock off

By Michael Beale

Get your players to focus

This is a great warm-up to get your players physically and mentally ready for a match or training session.



How to play it

- You and an assistant act as ball collectors and servers.
- Arrange the players into two teams.
- The teams must compete against each other and try to be the first to knock the balls off the cones.
- After receiving a pass from you or your helper, the players dribble at top speed into the shooting box and try to hit the cones with a pass.
- The next player has their turn when the previous player has sprinted back to the group.