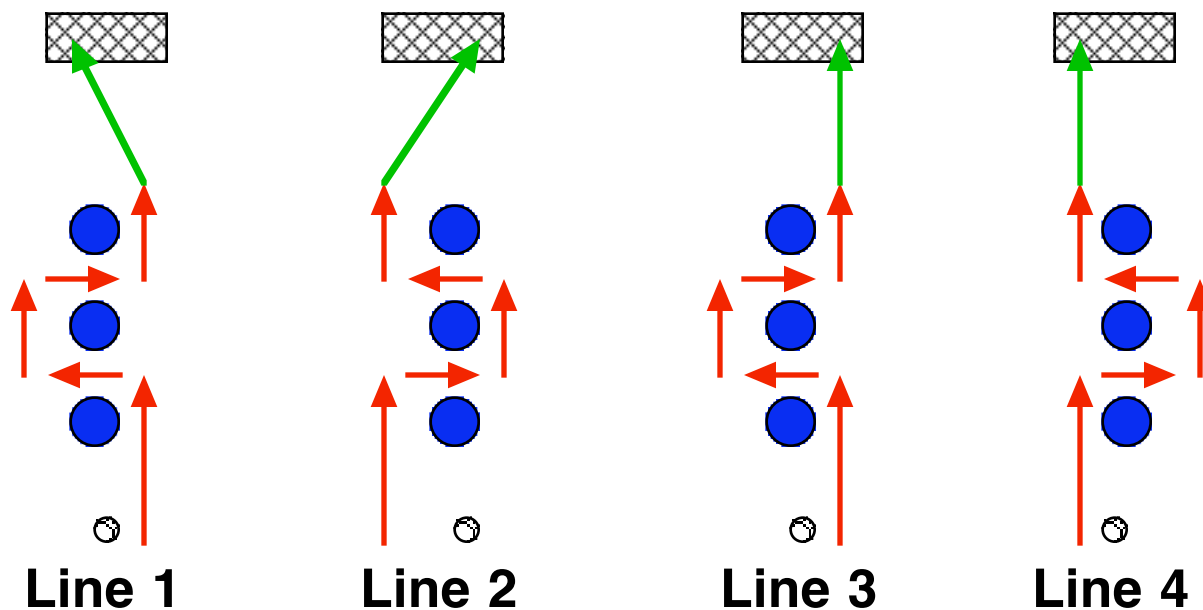


TECHNICAL: Finishing / Dribbling



Speed Dribble to a Finish



DRILL SETUP: Four (4) lanes, each with a small goal (Pop-Ups, Flags or Cones). Place three (3) cones, 1-2 yards apart, in a straight line in each lane as shown above.

DRILL SEQUENCE:

Line 1 -- slalom dribble through the three (3) cones and finish to the far post with the right foot.

Line 2 -- slalom dribble through the three (3) cones and finish to the far post with the left foot.

Line 3 -- slalom dribble through the three (3) cones and finish to the near post with the right foot.

Line 4 -- slalom dribble through the three (3) cones and finish to the near post with the left foot.

DRIBBLING/FINISHING ROTATION:

Players move from Line 1 to Line 2 to Line 3 to Line 4 to Line 1