



Dribbling Games Fast Food

Purpose Working on both a change of speed and direction

Organization

Players dribble the ball in the middle of the area listening to the coaches call such as left foot dribbling only, outside of the foot only

After testing the players skills in the middle of the field the coach will call a restaurant name and the players will have to get there as quickly as possible

For example #1 will be Mcdonalds, #2Wendys, #3Burger King, #4Dairy Queen

The last player to make it to the restaurant will be asked to perform a forfeit such as 5 Irish push ups

Coaching Points

Keep the ball close to the body

Use different parts of the foot to change direction and stop the ball

When you hear the restaurant being called look to change speed and direction quickly