



Road Runner

Purpose- Improve players dribbling skills

Organization

Players enter a 30x30 marked area

Each player has their own soccer ball

Gates are set up in different areas of the grid

On Coaches command players must dribble through as many gates as possible in 90 seconds

Players receive 1pt for every cone they dribble through

Players lose 1pt every time they collide with each other or hit a cone

Progression

Add a defender who is allowed to put pressure on the players and kick the soccer balls out of the grid.

Ask players to use right foot only, left foot only, outside of foot only

Coaching Points

Keep nose in front of the ball to see where everyone is and the gates that are open

Work on change of pace by accelerating through the gates