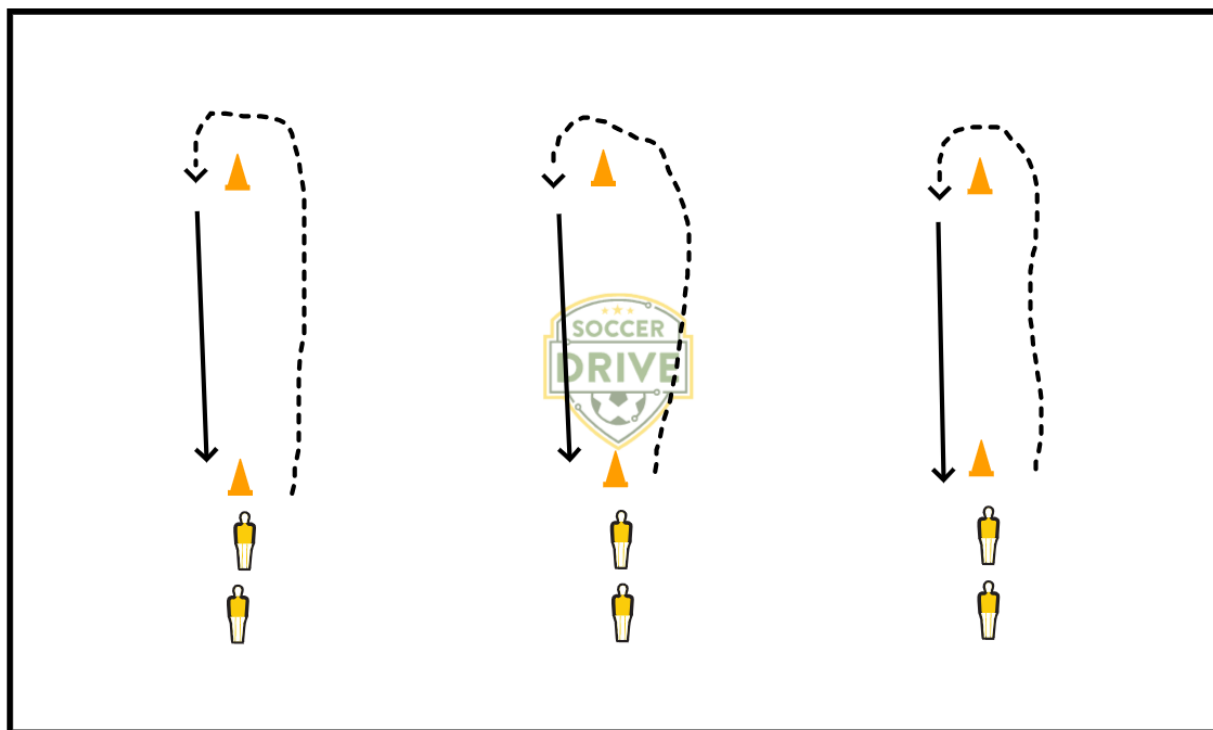


Dribble then Pass



Description

Create 2-3 lines with only about 3 teammates in each.
Have them dribble around the cone and then pass to the next team in line.
Start with dribbling with both feet.
Next, have them dribble with only the right foot and then only the left foot.
Finally, have a race to see which line finishes first.