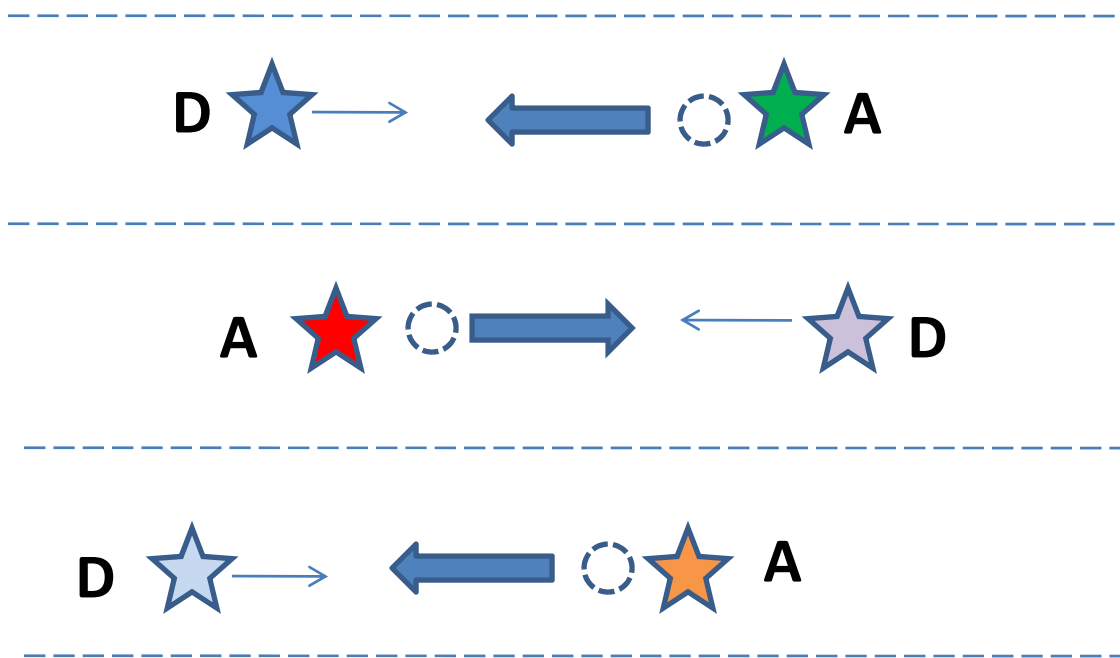# Swimming Lanes

Create lanes with cones, each lane about 20 feet wide. Create pairs in each lane, with each player taking turns being attacker (A) and defender (D). The attacker tries to dribble past the defender while staying in the lane. If defender gets the ball out of the lane, they switch roles for the next round.

Variations:

- Players can't look at the ball while dribbling.
- Attacker starts with back to defender.