

Lord of the Rings

Dribbling game that involves speed and deft control of the ball.

Setup- arrange cones so that you've got two large concentric circles. The outside circle is 10 - 15 yards from the inner circle.

The Game- Each player has a ball, dribbling around within the smaller circle of cones. At the coach's signal, players bust out of the smaller circle to the outside and must dribble their ball around an outside cone. First player back to inner circle wins.

Coaching Points- when dribbling out and exploding to the second circle, get a good, longer first touch and follow it out towards the cone.

