3 CONE DRIBBLING COMPETITION DRILL

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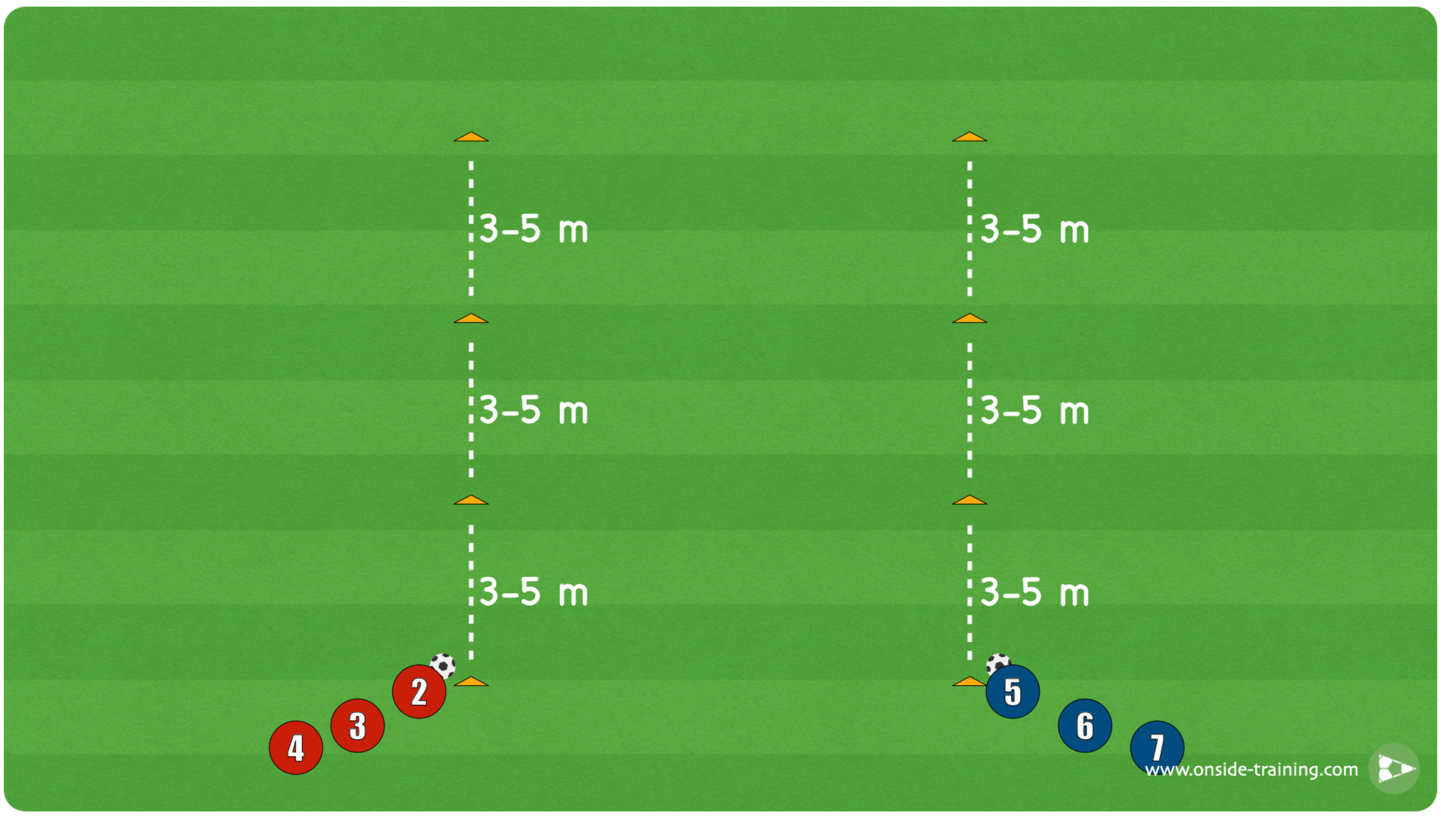
Setup:

- Arrange four cones in a straight line with a spacing of 3-5 meters between each cone.
- You have at least two teams, with each team having three or more players.
- The teams line up at the first cone.
- Each team also gets a ball.



Why Use This Drill?

This drill is all about helping players become better at dribbling, especially when they're running fast and feeling the pressure. It teaches them how to balance speed and ball control, which is a crucial skill in football/soccer.

But it's not just about improving their skills – it's also a lot of fun and encourages team spirit.

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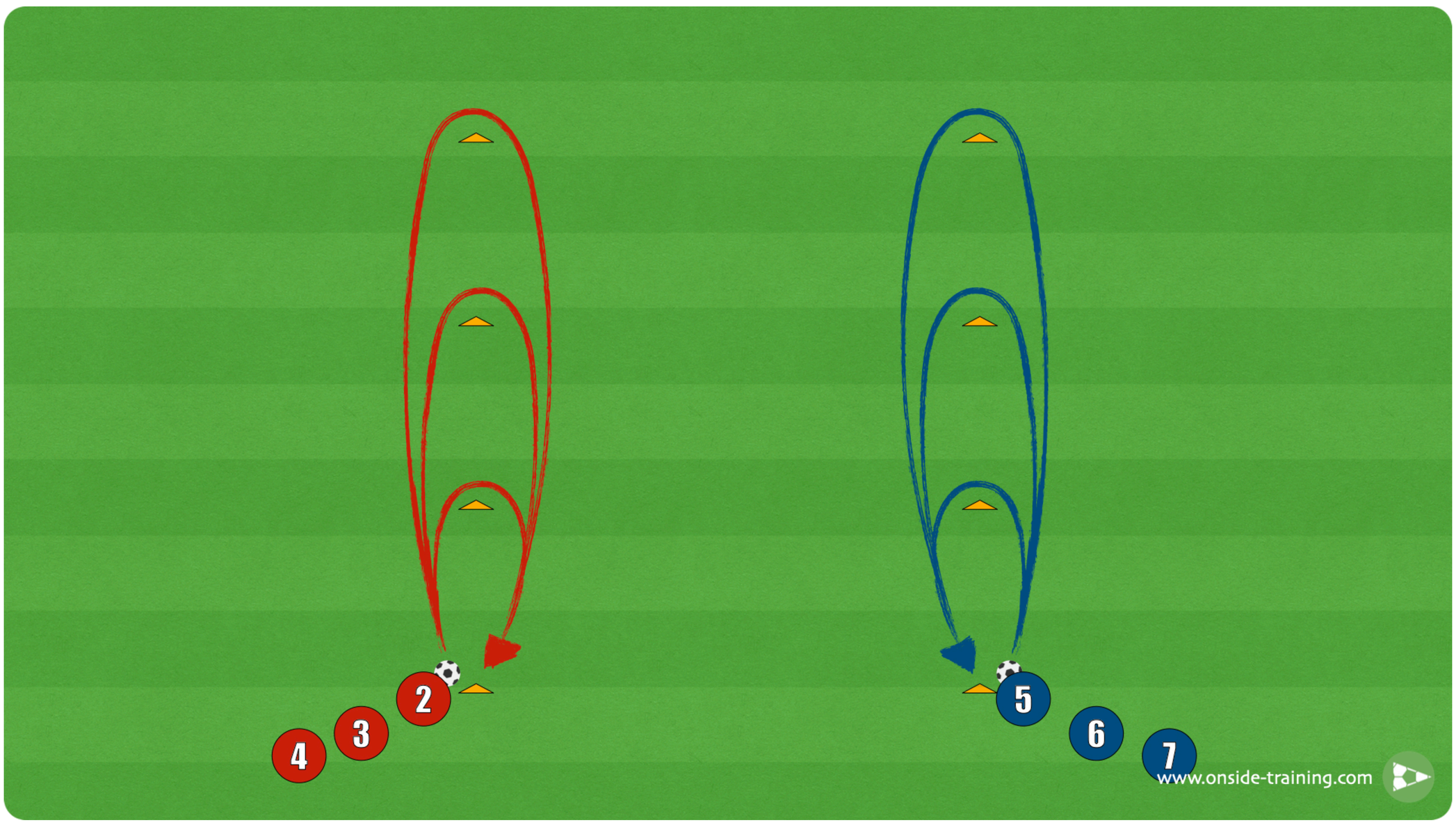
How It Works

The first player in each team starts dribbling around the first cone and then goes back to give the ball to the next player in line. This player then dribbles around the middle cone and goes back the same way. The last player in line dribbles around the last cone and comes back to the starting point.
The winning team is the one that finishes the 3 cones the fastest with all their players back at the starting line. You can do this drill multiple times with players rotating. It's a great way to practice dribbling and have some friendly competition at the same time.



Other Key Points:

- Let the players choose which cone they want to start with. They can start with the one farthest away, the middle one, or the closest cone.
- Remind the players to keep the ball close to their bodies while dribbling. It helps them stay in control of the ball.
- The drill should be seen as inspiration. So feel free to adapt the drill to suit your team’s specific needs or focus areas.

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