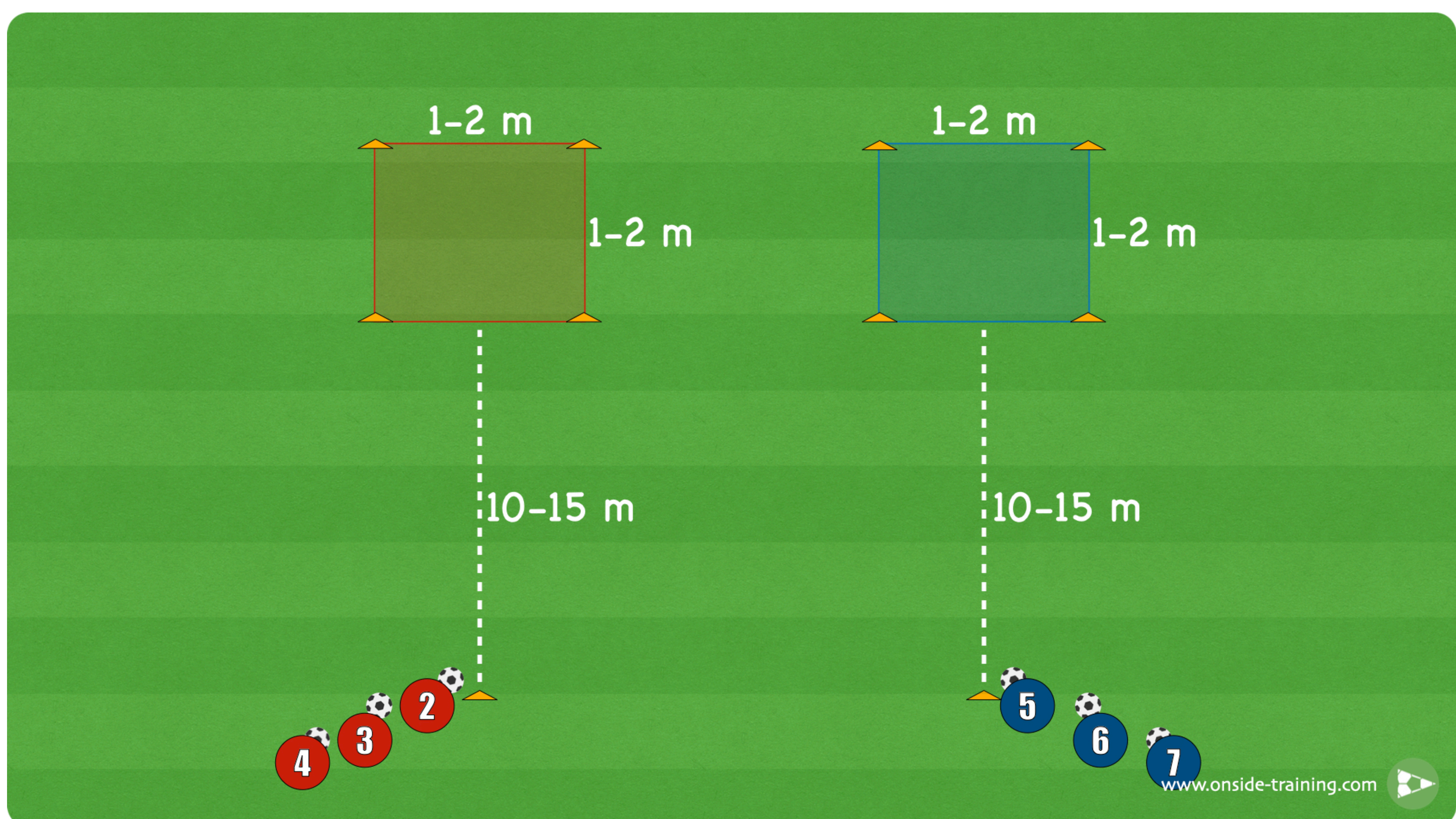


# FILL & EMPTY THE BUCKET DRILL

## Setup:

[www.onside-training.com](http://www.onside-training.com)

- Arrange four cones to form a square (bucket) for each team. The cones within the square should be approximately 1-2 meters apart, adjusting based on the players' skill level.
- Set up a starting cone for each team in a line about 10-15 meters from the square, ensuring the same distance for every team from the starting cone to the square (bucket).
- Involve a minimum of two teams, each comprising at least three players.
- If the number of players is uneven, a player can run twice for the team.



## Why Use This Drill?

This is a dynamic and competitive drill with focus on dribbling skills under pressure, featuring teams in competition against each other. Players strive to find the perfect balance between speed and ball control, fostering individual skill improvement. Beyond improving dribbling abilities, the drill cultivates team spirit and cooperation.



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## How It Works

Teams, consisting of two or more players, each have a ball. Simultaneously, the first player in each line dribbles up with the ball and places it into the square (bucket). Upon returning to the starting point, they exchange a high-five with the teammate waiting in line, who then proceeds to dribble to the square.

The team that completes the task first, with all balls successfully placed in the square (bucket), wins the race.

As a variation, another competition can involve players running up to collect the balls from the square (bucket) and returning to the starting point with the ball.

Consider introducing a penalty for the losing team(s), such as performing 10 push-ups.

