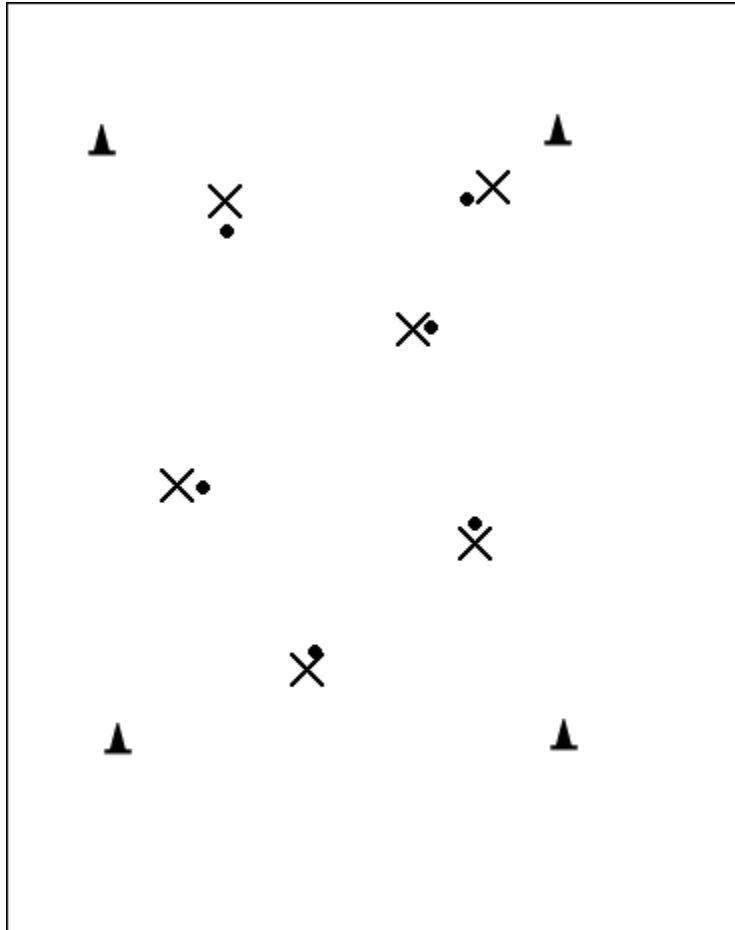


## RACE CAR



**Nascar** fun dribbling drill for younger players

**Set up** - 4 -12 players in an area. Each with a soccer ball.

**The Game** - Coach yells "Ladies and Gentleman, start your engines". All players have to tap top of the soccer ball with the bottom of their cleat ten times.

Coach yells "first gear" --- players dribble there soccer ball slowly.

Coach yells "second gear" --- players dribble a little faster.

"third gear"-a little faster

"fourth gear" - as fast as they can.

"third gear" to "second gear" to "FOURTH GEAR" haha

If two players balls touch "CRASH" -- five push-ups outside circles

Coach can yell "reverse" everyone has to reverse their race car.