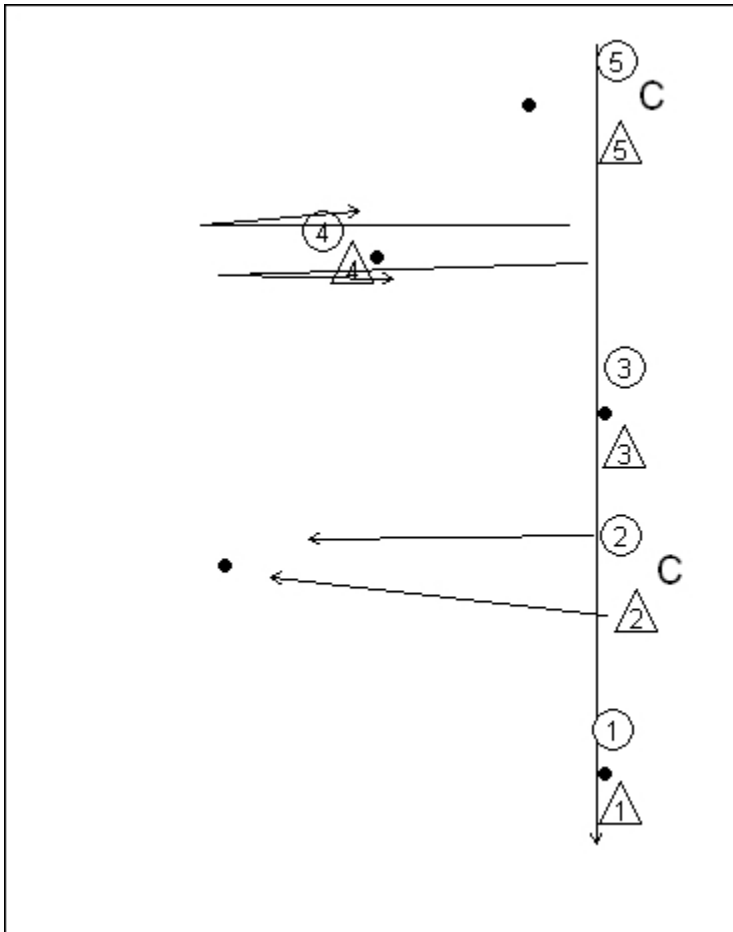


1v1 Dribbling with Fitness Twist



Set-up- Use or make a line on the field. Pair up players and have them sit Indian style (legs crossed) and facing away from the field (or facing towards the coaches). Each pair has a soccer ball between them.

The Game- The coaches go around to each of the pairs and kicks the ball into the field. Once the ball is kick, the two players get up as fast as they can from Indian sitting position and each player races to the ball and tries to win and dribble the ball back to the line. The player who does this wins one point. They sit again and wait for the coach to come and kick the ball again.

Player with most points wins.