

# Dribbling

**Description:** Soccer players wear soccer cleats and can use the inside, outside or laces (top of the shoe) when they dribble in soccer.

**Activity:** Set up two soccer goals. Place a few cones, a few yards apart, in front of the soccer goals (see image below). Create two teams of players that will stand at the end of the cones, with one soccer ball for each team. Each player will take turns dribbling the soccer ball around the cones and try to score a soccer goal after they make it through them. The player will then dribble the soccer ball back and give it to the next player on their team.

**Additions:** Race against the other team! Add a time limit. Players can also try this activity using one foot or both feet.

