



#### EQUIPMENT:

Balls  
Cones

#### PREPARATION:

Using a small area for each player, adhering to a safe distance, create small gates/goals using cones

Players to work in their zone only

Ask the players to decide on how many points they would like each coloured gate to be worth

### ACTIVITY:

Players to explore their area and practice dribbling avoiding the cones

### COMPETITION:

How quickly can players pass through all gates avoiding collision with cones?

2 minute time trial - Who can complete the most gates?

Can you think of a skill to do whilst travelling through the gates? Teach the opposite player your skill!!!



### ADAPTATIONS:

To increase challenge, players can try using only sole/ inside/ outside/ laces to dribble

**Let us know how you get on with this challenge @citctweets**