

6-12

Treasure Chest

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Set Up



15 mins



8 players



9 balls



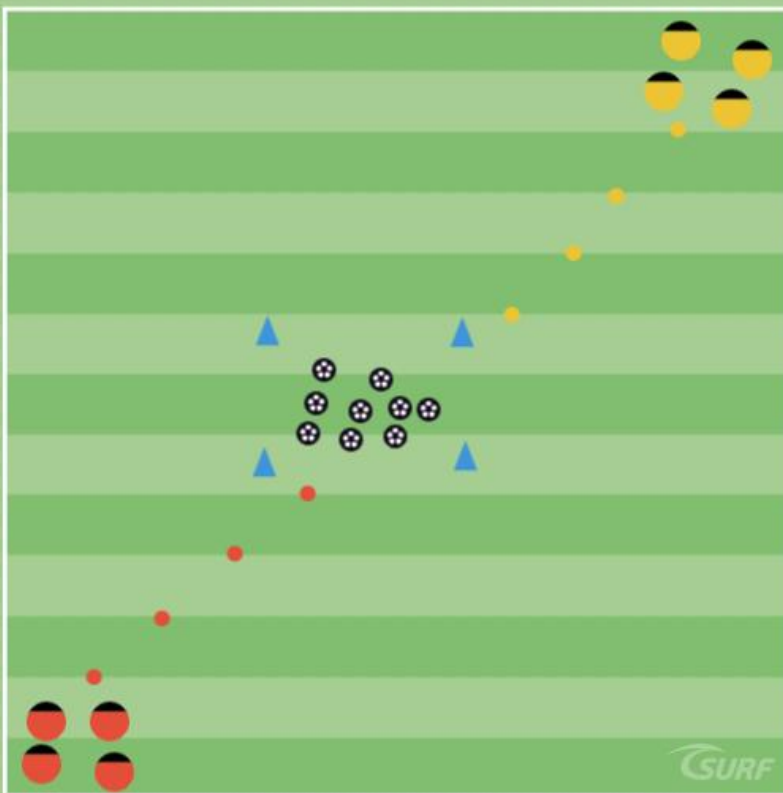
8 bibs



12 cones



20x40 area



Drill Overview

- Coaches - split the group evenly into 2/3/4 teams
- Dribble the ball through the cones and leave in the middle
- Run back out to your group - then the next player in your team does the same
- Once your team has all the ball in the middle they sit down. First team sitting down wins

Progression

- Leave all balls in the middle - 1 player from each groups runs in and dribbles the ball back out to their team, then the next player in the line goes. Team with the most balls at the end are the winners

Key Coaching Points

- **Dribbling**
Small touches and use both feet
- **Speed**
It is a race so do it as fast but as controlled as you can