

McDonald's Skills Zone - Dribbling



Focus on Dribbling

McDonald's Skills Zone Challenge #2

This challenge is used to develop dribbling in different directions and works on your touch and balance on the ball. Players like All White Marco Rojas and Football Fern Sarah Gregorius have been so successful because defenders find it difficult to play against players that can run at them with the ball.

Minimum Equipment Required

- 1 ball.
- 6 cones or markers (drink bottles, sweatshirts, bags etc).

Set Up

- Put one cone/marker in the centre and the other cones in a diamond shape around it (4 metres away from the centre cone).
- At the bottom of the diamond use two cones instead of one, to make a "Starting Gate" (marked on the diagram with an "S").

Challenge

- Begin at the starting gate.
- Start timing when you leave the starting gate – ask a friend, coach or parent to time, or count out loud yourself.

- Dribble from the starting gate around the centre cone, then dribble around cone 1.
- Dribble back around the centre cone, then to cone 2.
- Keep dribbling back to the centre and then cone 3.
- Dribble around the centre cone for the last time then back to the starting gate – that's the finish line, stop timing!

Scoring

- Your score is the time that it takes you to complete the challenge.



Players can **download** each Skills Zone Challenge and score sheets from www.nzfootball.co.nz