



SKILL

Dribbling and light touches.

SETUP

30 x 30 yard grid. 1/4 of the players are the passage ways. The rest have a ball.

HOW TO

The passage players do different variations every time, legs spread wide, push up position, side plank position (sideways pushup using one hand), etc... Players with a ball must dribble inside the grid while lightly touching the ball through the passage and running around the passage to receive the ball on the other side. Switch passage players every minute.