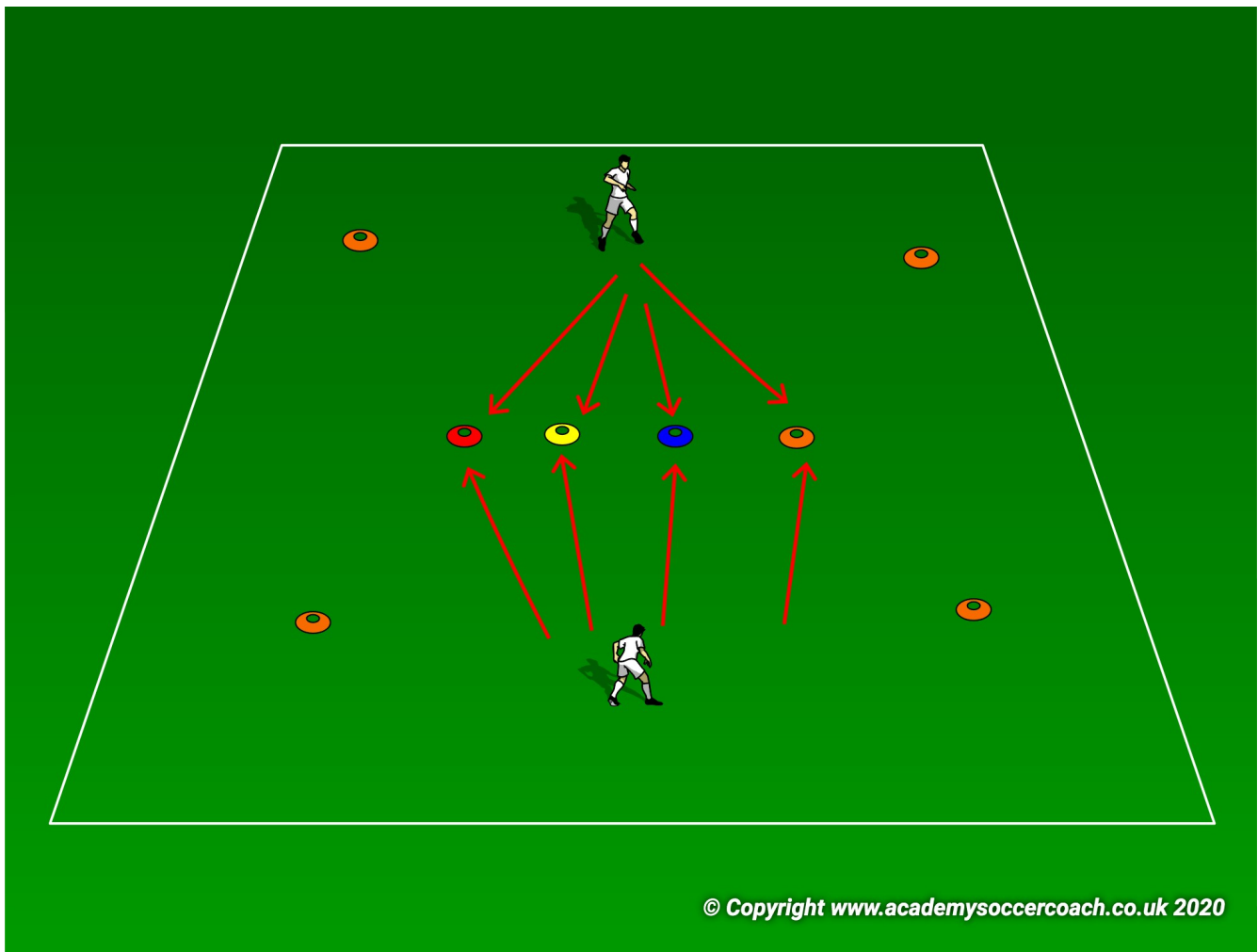




Round 1: Initial round to introduce rules. Coach yells out a color and players race to that color.

Round 2: Players will have a ball at their feet. When the coach yells a color, the players will dribble with speed and under control to reach the cone first.

Round 3: Players still play with a ball at their feet but this time the coach yells multiple colors.

Additional skill increase – have players do toe taps to cones, use only their right foot, or use only their left foot.