

DRIBBLE AND SHOOT

How to

- Use a tape measure to lay out the 11 cones as shown in the diagram (see link below).
- The first player stands behind the 'start' cone and begins when the timekeeper says 'GO'. Your partner stands behind the goal.
- Dribble around the first 5 'dribbling' cones, if you miss one go back and around it.
- After you've finished dribbling you must shoot before you reach the 'shooting' cone.
- After the ball has gone through the goal, or missed, your partner dribbles the ball back around the start cone and has their turn.
- The first player waits behind the goal.
- The two players take as many turns as they can in TWO minutes.
- If you don't have a partner set up your goal 10m from a wall or fence so you don't have to chase too far to get the ball.
- If you don't have a timekeeper start a 2 minute timer on your watch or phone.
- See link to video example below

Equipment needed

- Ball
- Cones x 11 or 9 cones & 2 agility poles/corner flags
- Tape measure
- Stopwatch
- Paper and pen

Scoring

- Score 1 point for each of the 'dribbling' cones you go around without touching. If the ball touches a cone it does not count.
- Score 5 points for each goal scored through the middle 3m.
- Score 10 points for each goal scored in the outer 1m zones.
- Goals only count if struck before the shooting cone.

School Games Value

- Teamwork.
- Can you work collaboratively
- with a partner to get the highest score you can?

School Games Leadership

- If possible use leaders to: set up the activity, demonstrate how it's done, count the score, time the activity, encourage participants, coach the top tips, write down the scores.



Sending in Scores for Individual and School Competitions

- Pairs can send in their best combined score (see link below).
- Schools can send in the combined score of the top 5 pairs in any year group e.g. their top scoring 5 pairs of Y7 girls or their top 5 pairs of Y11 boys (see link below).

Top Tips

- Keep your eyes on the ball.
- Keep the ball close to your feet for more control whilst dribbling.
- Try to use the insides and outsides of both feet whilst dribbling.
- Striking the ball with the side of your foot is more accurate but less powerful than striking with the laces.
- Put your non-striking foot next to the ball and your head over it.

Links to the video demonstration, set up diagram, individual entry form and team entry form can be found at

www.agilitassports.com/backtoschoolgames