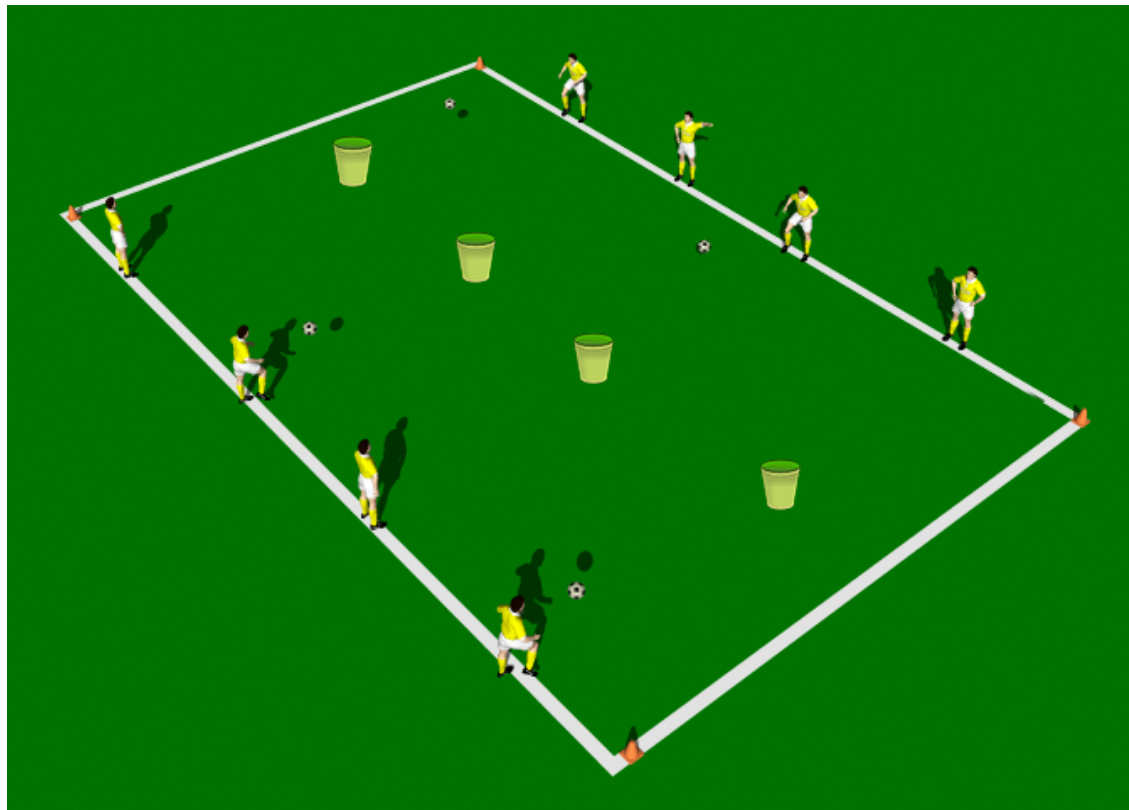


Fun Garbage Can Drill



Exercise Objectives:

This is a fun game emphasizing ball control. Try this as part of your next warm up session.

Coaching Pointers:

Group players in a circle of 6-7 players. The players must keep the ball in the air while travelling to the finish line, or a target and back to the finish line.

Variations:

- Player can only have 2 touches.
- Player can only have 1 touch.
- Player can only use their head.
- Player can only use their feet.

Make it a fun competition between groups.