

## Catch The Pigeon

Set out a 20 by 20 area and line players up on either side as shown in diagram.

Coach calls out numbers and that player must come out and collect the ball with their feet and dribble back to the starting position.

Player to get back first gets the team a point.

### Coaching Points

- Encourage players to use different parts of the feet to get the ball (inside, outside and bottom of the foot).
- Speed to the ball, but control and not speed when they have the ball so they can actually stop the ball on the line.

