





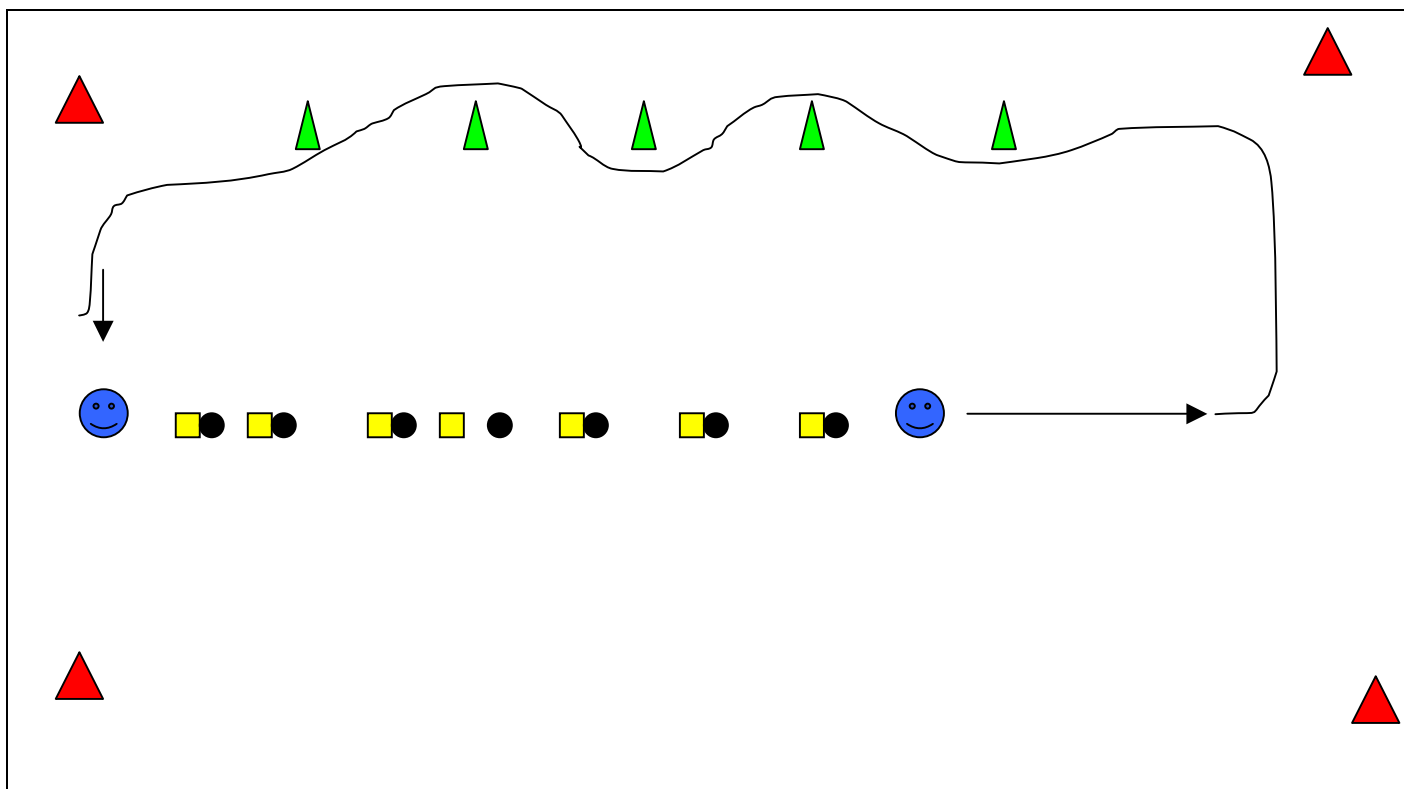
SESSION EIGHT



FOLLOW THE TAXI

KEY

-  = CONE
-  = PLAYER
-  = BALL
-  = Coach



SESSION EIGHT

Instructions

1. Give all the players a ball each
2. Give all the players a small Hula Hoop and get them to step through it and bring it to their waist and hold it like a wheel
3. Line the “Taxis” up facing the coach and place a coach at the beginning and back of the lines
4. Have the players dribble the ball with their feet and follow the coach around the square changing direction and going through the cones.

Drill Progression

1. Combine the drill with the “RACETRACK” for a more realistic game

Coaching Points

1. By keeping their hands “ON THE WHEEL” the players will avoid the temptation of stopping and using their hands to control the ball
2. Focus on getting the players to keep their head up so that they do not bump into other taxis!
3. Keep the ball close like a friend

Equipment

1. 8-10 balls
2. 8-10 Hula Hoops
3. 2-3 Coaches