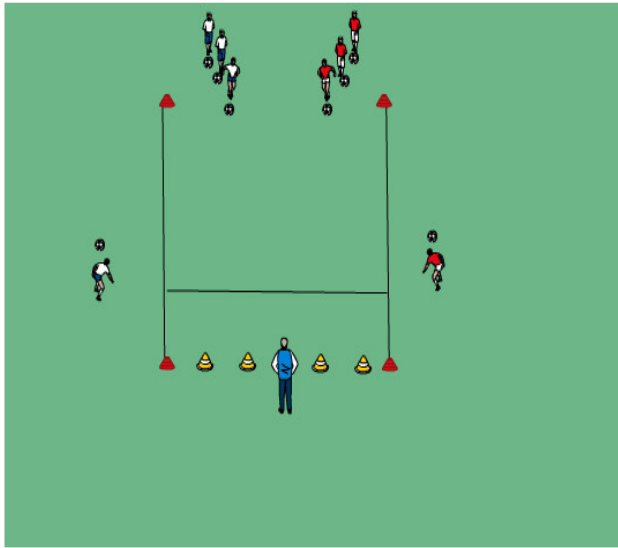


## The Drag Race



**The Set-up:** All players have a ball and are divided into two teams. The field is approximately 25 yards long with a 7 yard shooting zone. Two pug goals should be placed on the endline. Coach should stand slightly behind and between the two goals.

**The Exercise:** The coach should raise his arm straight up in the air. Once the coach drops his arm to his side, the first two players “drag race” with the ball in an effort to be the first to score in one of the goals. Players cannot shoot until they get into the attacking zone! Players

should return to their respective lines by dribbling outside of the playing area.

### Focus:

- Running with the ball!
- Remaining alert and looking for visual cues (Observing the coach)

### Variation:

- Have players do ball taps, foundation exercise, the “base move” while waiting for the coach to drop his arm.
- Attack the opposite gate.

**If you enjoy this exercise Coach Donahue recommends:**

#### Possible next Activity:

1v1 Dribble the Gate Combined  
Charlie Cooke 1v1 Fast break Attack

#### Match Related Game/Exercise to Goal:

Line Soccer  
1v1 Passive to 1v1 Active