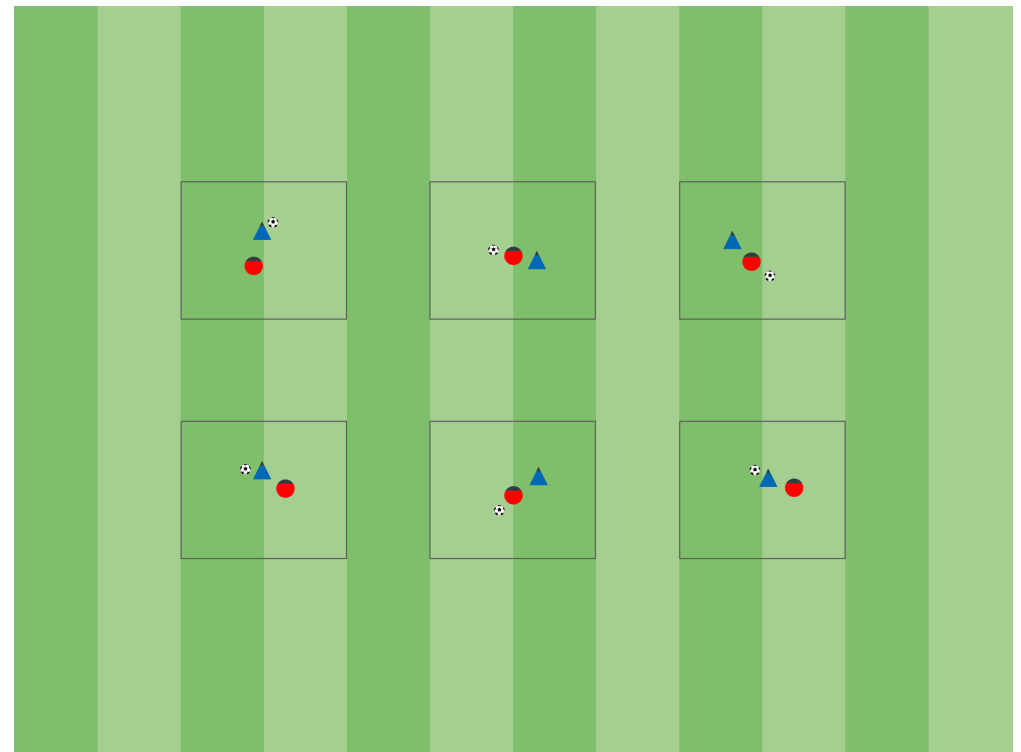


# Dribbling | Control, Turns, & Change of Direction



## 1v1 Shielding

Have two players to a grid. One player starts with the ball while the other tries to get it. Can play with teammates (one resting) and play 45 second bouts. The player with the ball after 45 seconds is the winner. Winners move up and losers move down. Tiebreakers can be rock, paper, scissors. Teach players how to protect the ball using their body, their forearm, and all sides of feet in small area (body, body, ball).



# Dribbling | Control, Turns, & Change of Direction



## 1v1 To Goal - Control

Players compete 1v1 to goal in a small area which should bring out moments of shielding the ball. Players compete for 1 minute. Then their teammate that was resting plays the other resting player. The teammates then move up if they win or move down if they lose based on total goals.

**Variation:** Play 2v2. Dribble across endl ine instead to score.

