

Dribbling | Control, Turns, & Change of Direction

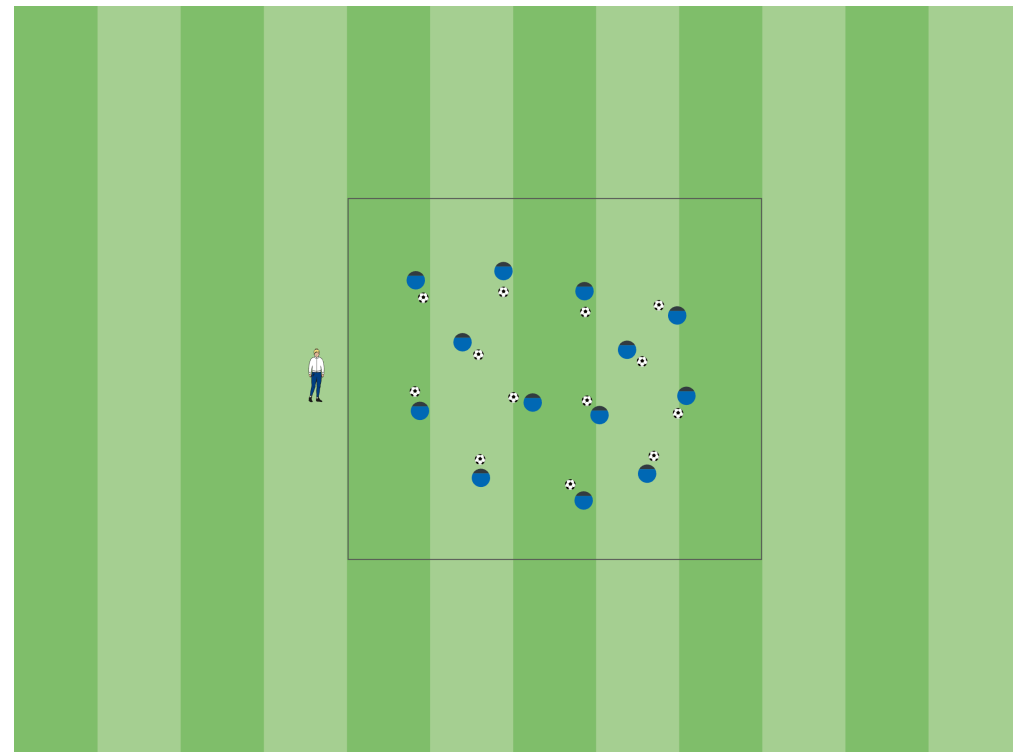


Police Officer

Players dribble inside the grid using different parts of their feet pending coach's orders. When the coach makes a command, players immediately react.

Commands:

- Coach holds up a number "1,2,3,4,5", player must say that number.
- Coach says "change" the players must leave their ball and take a different player's ball.
- Coach says "clear out" the players must dribble outside the grid quickly.
- Coach says a body part "head, knee, etc. Player must stop and immediately place that body part on ball.

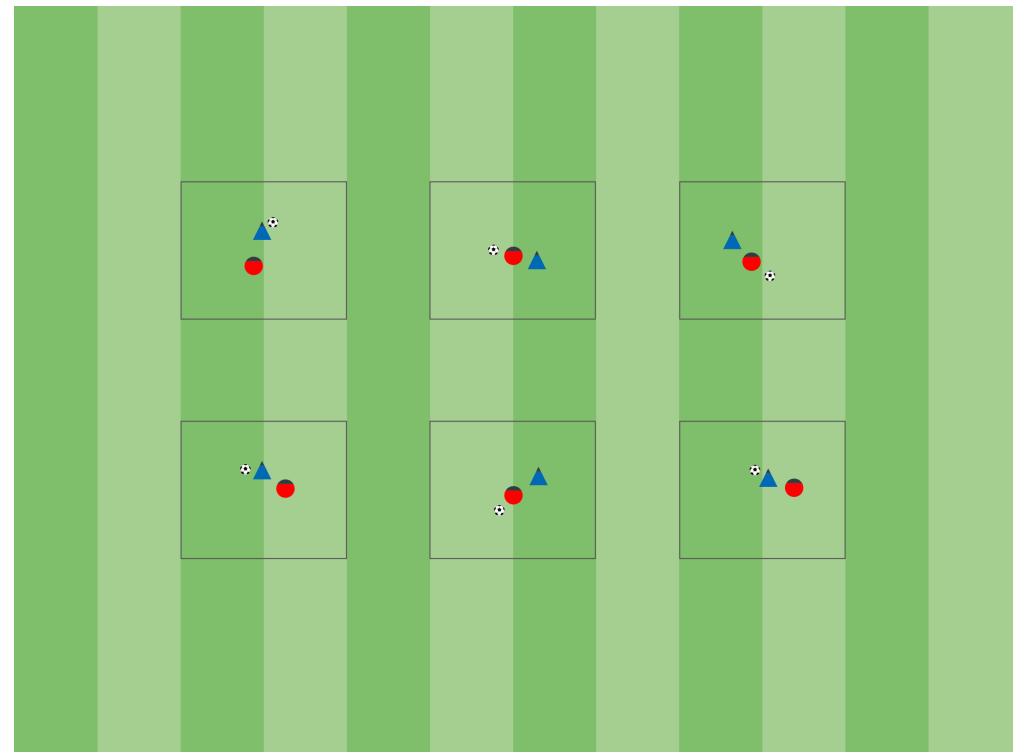


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1v1 Shielding

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).



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Knockout

Have each player in the grid with their ball. Players try to knock out the other players' balls without losing their own ball. The last one remaining is the winner.

