

# Dribbling | Control, Turns, & Change of Direction

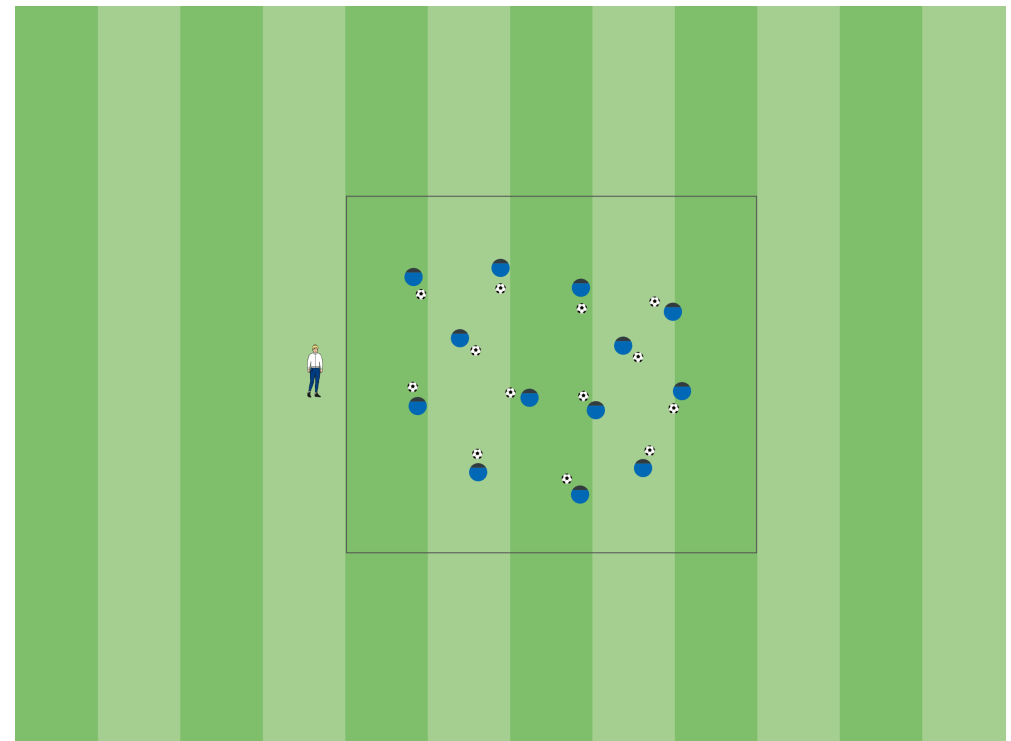


## Police Officer

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.

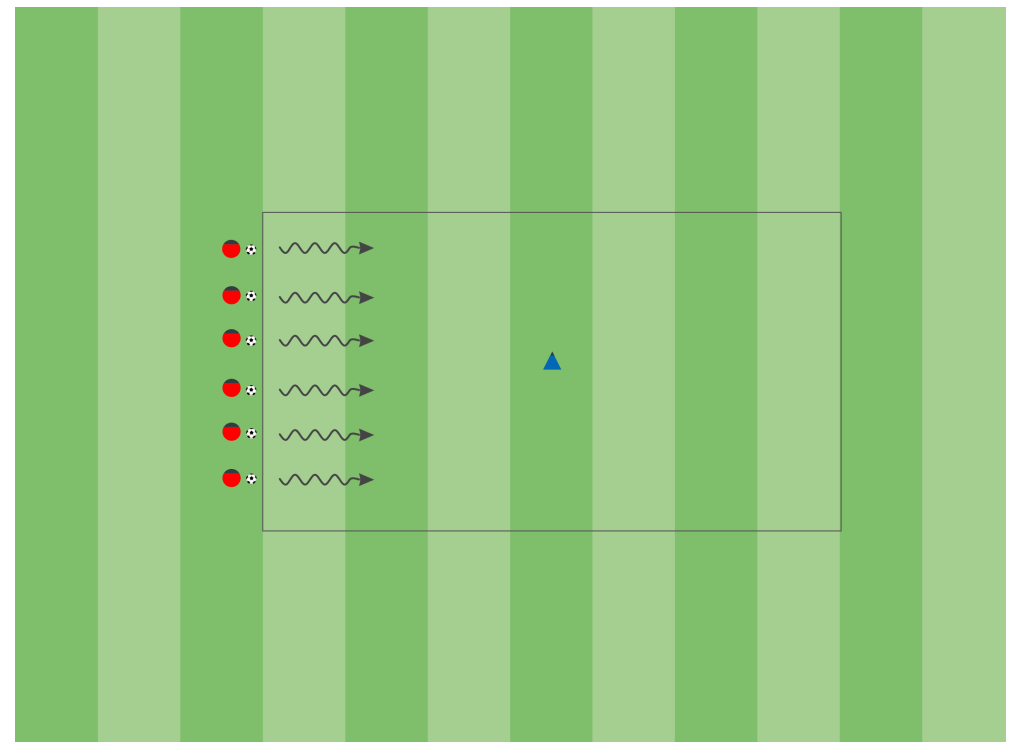


# Dribbling | Speed



## Sharks & Minnows

One player is needed as a defender in the grid (shark). The rest (minnows) get a ball and align themselves at the end of the grid. The minnows' job is to dribble across to the other side. The sharks' job is to win any ball possible and kick it out of the grid. Those who make it to the other side must wait on everybody else's fate to be decided. Those whose balls were sent out, become sharks. For the dribbler, each round is increasingly difficult. The last minnow in the game is the winner.



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## Godzilla

Everyone with the ball except the coach (Godzilla). Players must dribble close and hit the coach under the knees. After 10 hits, Godzilla goes down and all the children pile on top.

