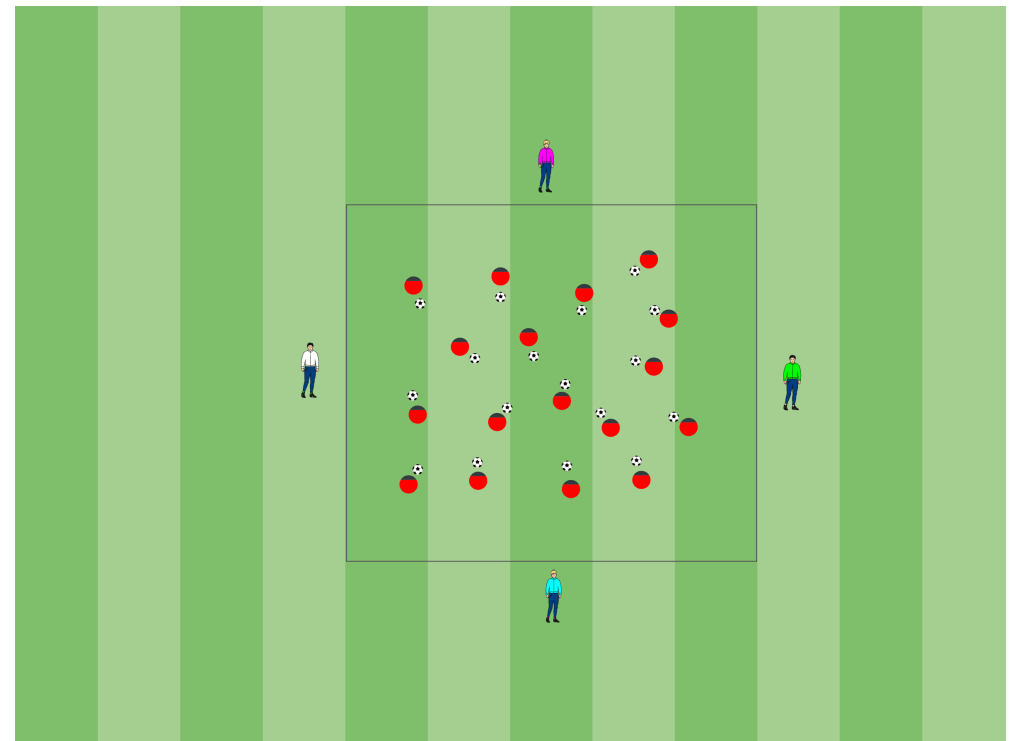


Dribbling | Control, Turns, & Change of Direction



Hold Up Numbers

As players dribble, the coach walks around holding up fingers. Players must count how many. Also, what color is the coach's shirt? What color are the coach's socks? Encourages dribbling with heads up.



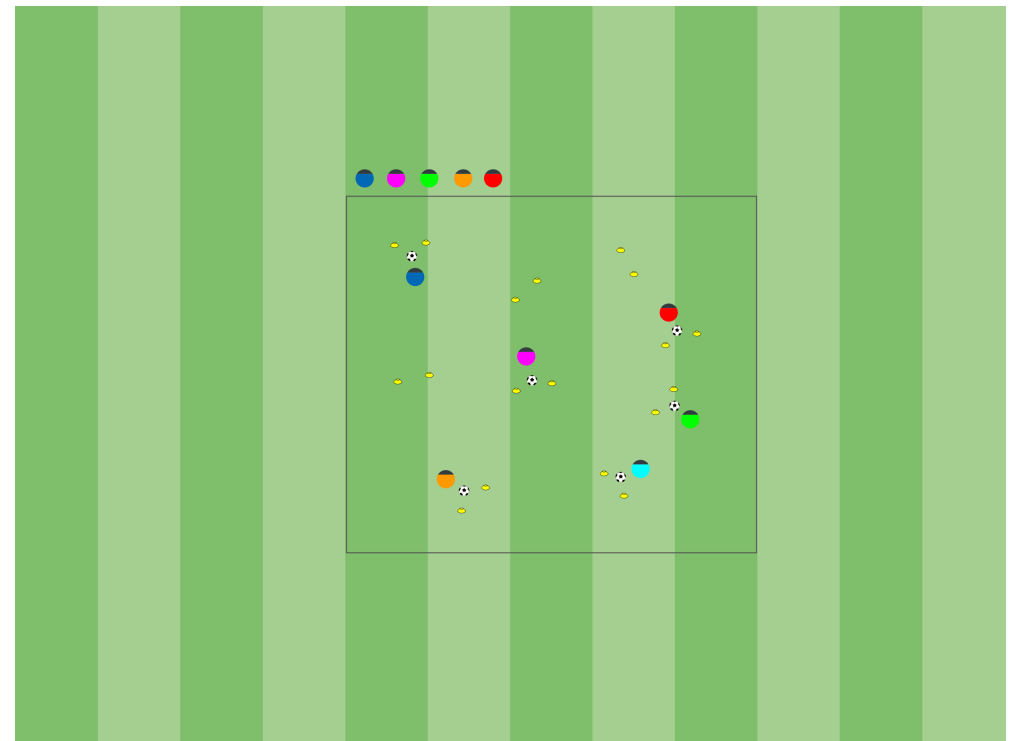
Dribbling | Control, Turns, & Change of Direction



Traveling Through Gates

Players are dribbling through gates which are two cones apart. Every time they dribble through a gate, it counts as a goal. They cannot go through the same gate consecutively. They must count the gates as they go through to see if they can beat their score the next time. Go for 45 seconds.

Variation: Can pair them up with a partner where one counts while the other is dribbling. Then switch and loser has punishment (i.e. 5 push-ups).



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 endline instead to score.

