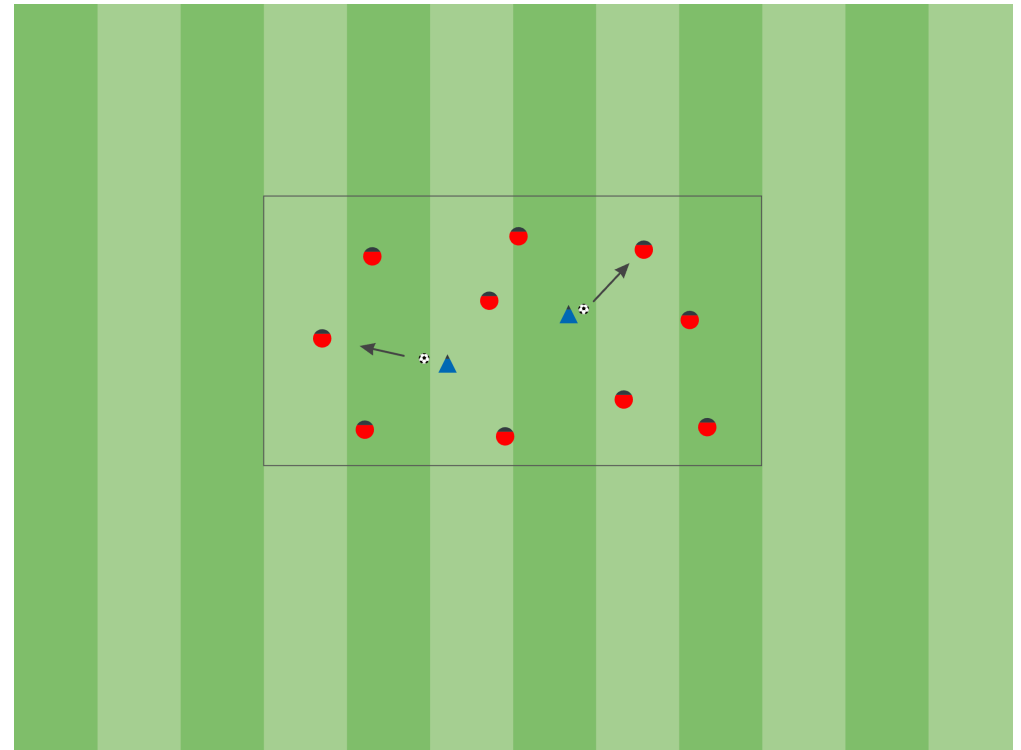


Dribbling | Control, Turns, & Change of Direction



Pac-Man

Two players start with a ball. They are Pac-Man. All other balls are placed outside the grid around the perimeter. The players without balls are ghosts. Pac-Mans attempt to hit ghosts with their ball below their knees. Ghosts move around the grid avoiding being hit. When a ghost is hit, they become a Pac-Man. Play until no ghosts are left.

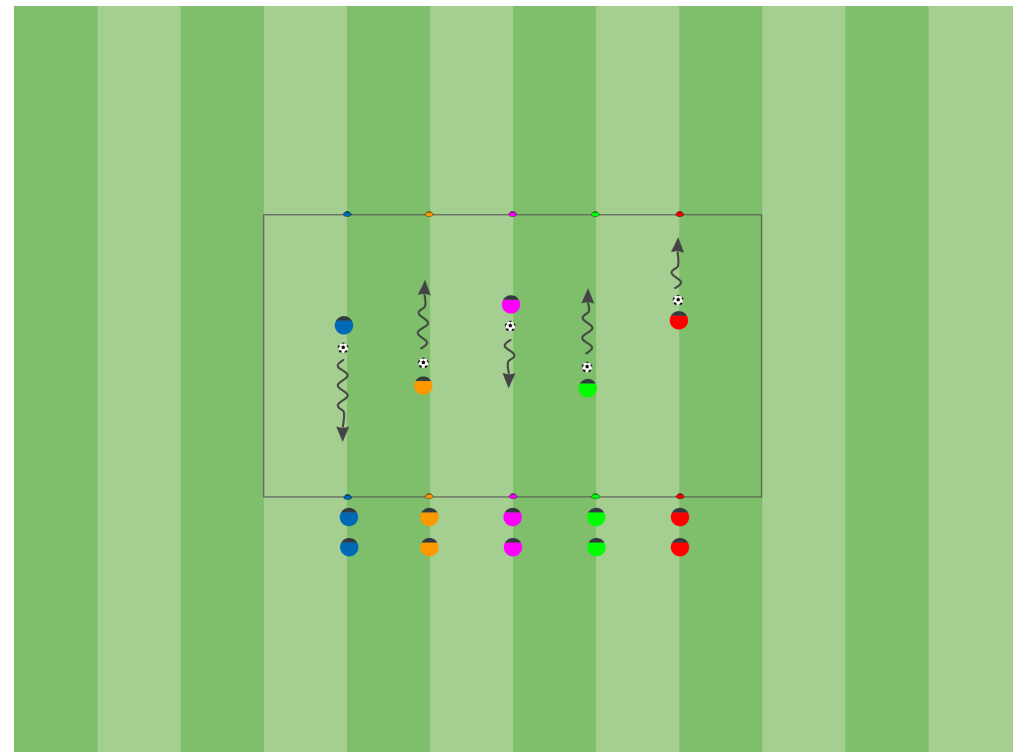


Dribbling | Speed



Relay Race

Set up cones across from each other and create even teams. Different challenges are given for the races. You go down and back doing right foot only, left only, rolls, bunny hops, head dribbling, etc. When you get back from your turn, you sit down and your teammate goes. The first team that is completely sitting down are the winners.



Dribbling | Control, Turns, & Change of Direction



1v1 To Two Goals

Make a ladder of fields for winners to move up and losers to move down. Play 90 second bouts, total score wins. Having two goals to attack too allows change of direction and explosiveness. Teach a few 1v1 moves, feints, etc. before playing games.

Variation: Play 2v2.

