

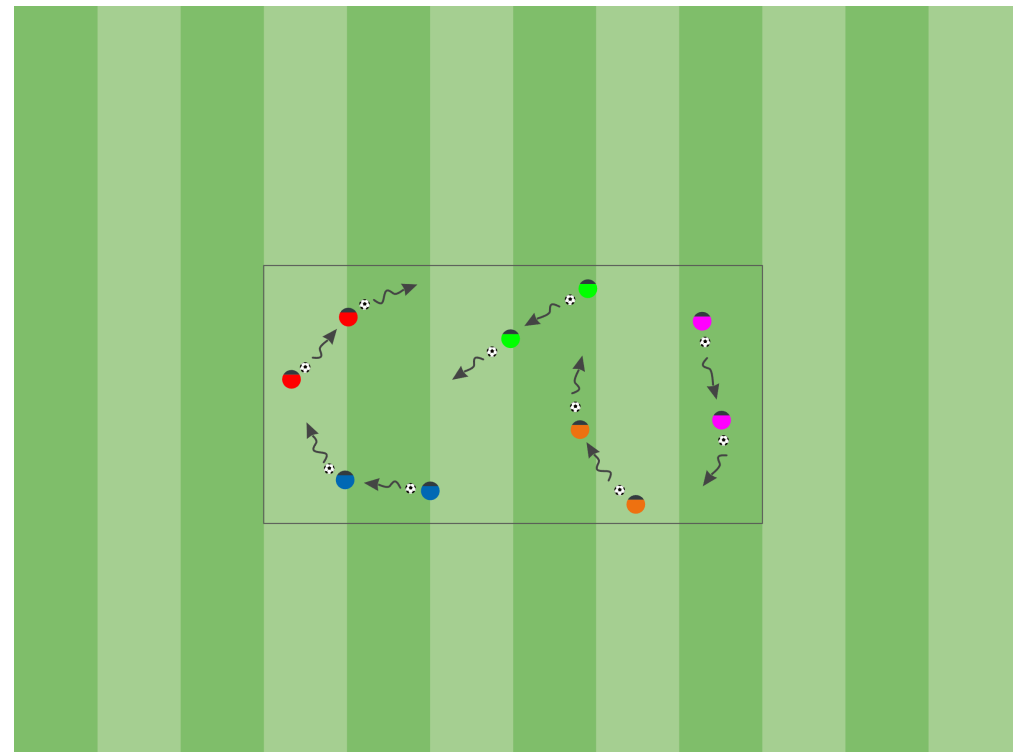
Dribbling | Control, Turns, & Change of Direction



Follow The Leader

Everyone needs a ball. In partners, designate one leader and one follower. The follower must mirror the partner's moves (this can be done with the coaches as leaders).

Progression: Still in partners, leaders have no ball. They run around the grid while followers (with the ball) must try and dribble the ball close to the partner and hit them below the knees to score points.

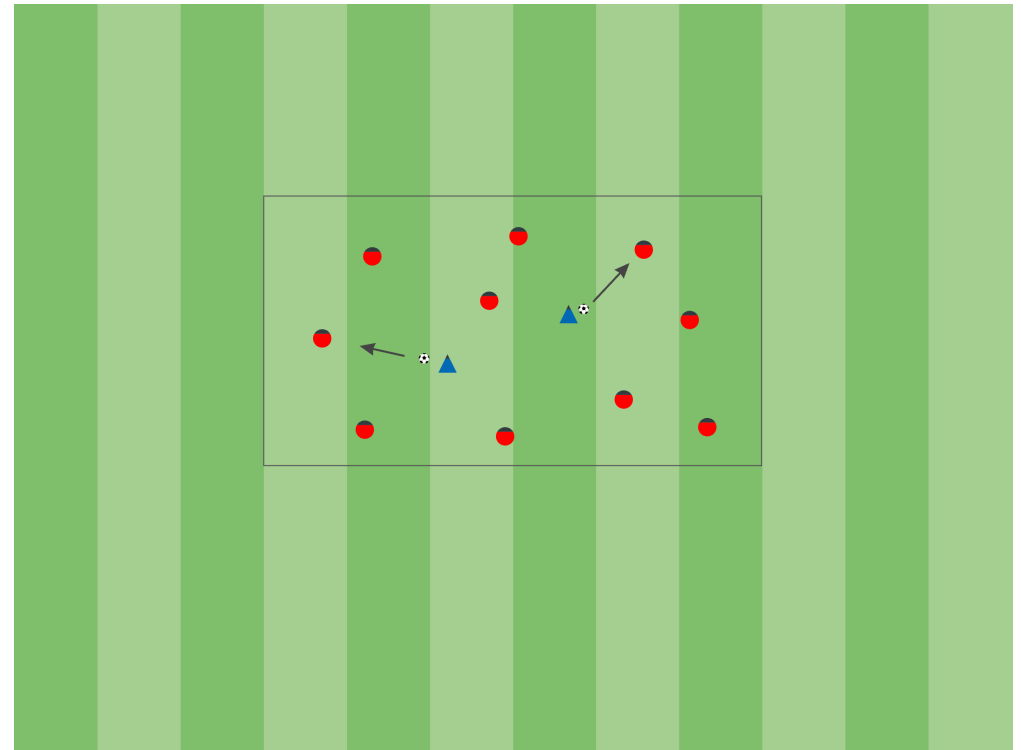


Dribbling | Control, Turns, & Change of Direction



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.



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Tiger in The Middle

Have all the players dribble with their balls in the square. Choose one player as the tiger. When they are released, all players try to avoid them and shield their ball from being knocked out. The last one remaining is the winner.

