

DESCRIPTION

Players each have their own 6x6 yard square, surrounding the coaches square in the middle. Make their squares bigger if you have the space. Players will warm- up with some ball mastery skills. Some examples; toes taps, Brazilian toe taps, sole rolls, tik-toks, forward rolls, backward rolls, scissors. You can add more advanced skills for older players. Give them one skill at a time.

WARM UP

Once the players master the skill you will assign them a signal - for example; when coach holds up a blue cone, everyone starts doing toe taps. Once you've shown them 3 skills you will ask them to dribble and when you hold up the blue cone the must perform the toe taps. Give them five lives each and if they are the last to complete the move they lose a life. You can also play this game by nominating a player to choose a skill, when they perform that skill all of the other players must also do the skill.

TECHNICAL

In the same cone set-up as above, coach will step out of the middle and scatter discs around. Each player will take a turn in the middle without their ball. They have 60 seconds to collect as many of the cones as they can while the outside players try to hit them with their ball. Once an outside player takes a shot they must leave their ball until the time is up. Any time the middle player gets hit by a ball they are frozen for 5 seconds. The player who gets the most cones wins the game.

Repeat the game but the middle player will now have a ball - they must try to match their score from the first round.

TACTICAL

Same set-up as above. One player in the middle with a ball to start the game, all other players will try to hit the dribbler with their ball. Coach sets a 2 minute clock and the dribbler must avoid getting hit for as long as possible. Whoever hits the dribbler will take their place in the middle. The winner is the person who is in the middle when the timer goes off.

Coach must ask players not to enter the middle area to chase their ball. Coach will return their balls to them as they game is going on.

Repeat the game by adding in stipulations, for example players may only dribble with their weak foot, players may only dribble with the bottom of their foot, players may only dribble backwards.

GAME

Divide players in to two teams. They may play to the same goal if you can put in a center line they do not cross or different goals if you're on a small field. Assign each player a number.

Start simple, when coach calls "number 1", the number one from each team will race to score. Whoever scores first will get a point. Make it harder by putting in obstacles or cones they have to weave. You can Kate it really hard by putting ina shooter from the opposition team who will try to hit them and freeze them.

COACHING POINTS

FIRST COACHING POINT - EYES UP

Players should be dribbling with the head up as much as they can. Ensure they are changing direction as they dribble so they are forced to assess their surroundings to look for the signals.

FIRST COACHING POINT - AWARENESS

Players should trying to look in all directions as they play

SECOND COACHING POINT - SMALL TOUCHES

Players should try to use the move you showed them in game one to avoid their ball getting hit.

FIRST COACHING POINT - AWARENESS

The dribbler must try to find spaces as far away from the shooters as possible. They may also try to go to space by the players who,have taken a shot and are awaiting their ball to be returned.

SECOND COACHING POINT - CHANGES OF DIRECTION

For the best chance of survival. The dribbler should try to fool the shooter by changing speed and direction often.

COACHING SUMMARY

This part should be fun, high energy and enjoyable. Work with each player on their dribbling and agility to avoid obstacles.

DIAGRAM

