

DESCRIPTION

Set up each player at a cone with another cone about 15 yards away as shown: players will dribble the ball in different ways between their two cones;

- laces dribbling straight
- Inside/outside of foot to zig zag
- Forward and backward rolls
- Forward and backward tik-toks
- Advanced players may do this with some fakes/skills (For example: fake & take, drag & stepover, stop & roll)

Once the players master a skill you can turn it in to a race to make it more fun

In the same cone set-up as above, players will now be asked to dribble around the circle staying distant from each other. Coach will call out a number and that will dictate the speed you'd like them to dribbler 1= walk, 3= jog, 5= sprint. When coach shouts change direction the players must turn and go in the opposite direction. When coach shouts "attack" players must try to dribble and hit the player in front of them with their ball. If a player gets hit they are eliminated and will move to the inner circle to dribble. You can also change direction during an attack if you see a player continually being caught.

Take away the smaller circle - one player in the middle. All other players around the outside with their ball. The player in the middle must try to dribble around the circle without being hit for as long as possible. Players on the outside will try to hit the middle player with their ball. Once they've taken a shot they must wait for coach to get their ball for them. The player who lasts the longest wins.

You can also scatter some discs around the circle - give players sixty seconds to visit as many cones as they can. Every time they are hit with a ball they're frozen for five seconds.

Relay Race - set the players up in small teams (we suggest max 4 players). If you have spare balls we suggest using them - set this up as you wish, but include some tight dribbling weaves. You can also throw in a "saboteur" who is a member of the opposite team who will try to hit you with their ball to freeze you and slow your team down.

COACHING POINTS

FIRST COACHING POINT - CONTACT
 Players should prioritize small touches, while keeping the ball close to them. By the end of this activity they should be able to move the ball in any direction quickly.

FIRST COACHING POINT - HEELS UP
 Players should try to keep their heels off the ground as they do this - that will help them avoid being hit and also to change direction quickly

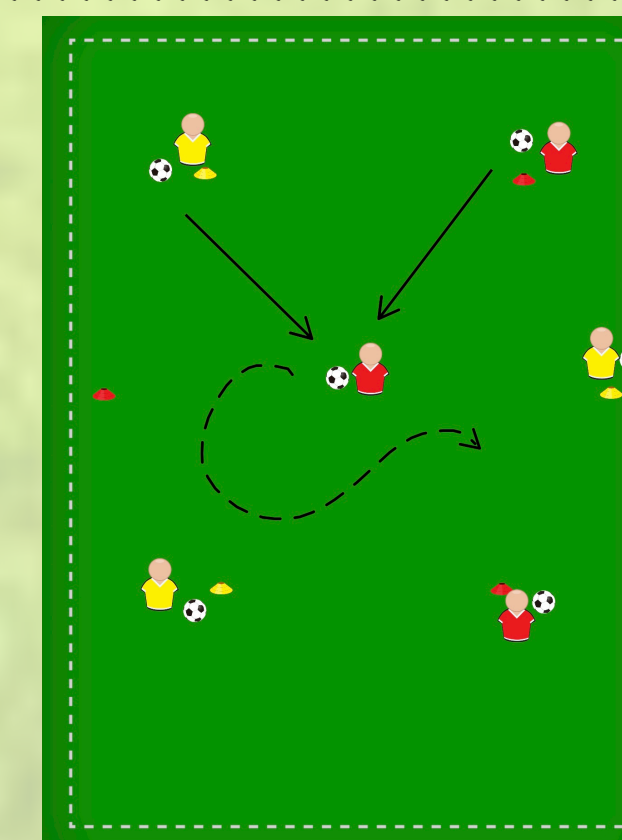
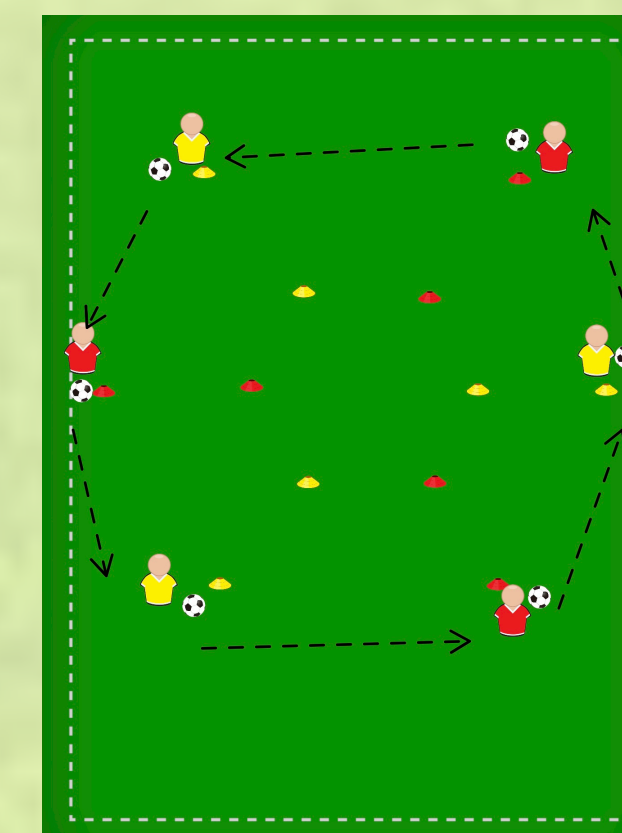
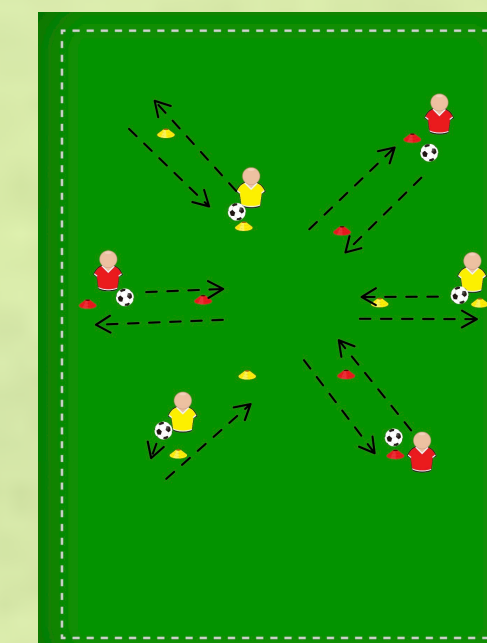
SECOND COACHING POINT - EYES UP
 Players will tend to look at their ball the whole time - encourage them to look where they're going to see their target.

FIRST COACHING POINT - AWARENESS
 The dribbler should be constantly looking around the area, taking small touches and quickly moving the ball

SECOND COACHING POINT - DECEIT
 For any player who has decent foot skills, challenge them to add in some fakes and changes of speed to deceive their opponents.

COACHING SUMMARY
 This part should be fun, high energy and enjoyable. Work with each player on their dribbling mechanics and how they move the ball

DIAGRAM



WARM UP

TECHNICAL

TACTICAL

GAME