

WEEK 2: Footwork Refresh, Dribble Basics

Handout for parents: Dribbling basics

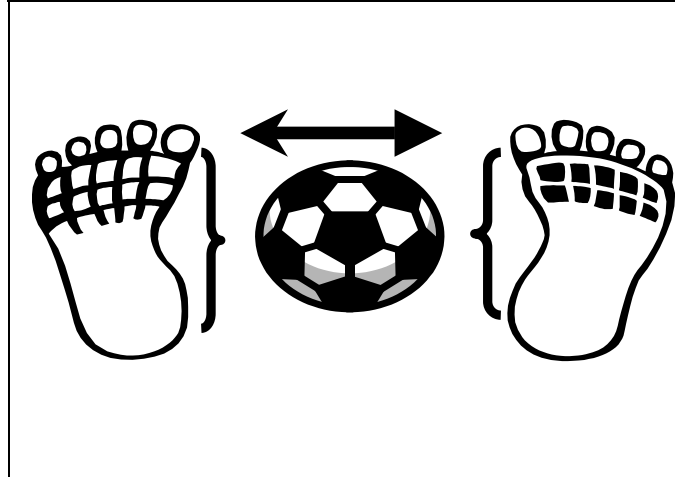
Activity 1: Warm Ups: Ball Gymnastics (5 minutes)

Last week we did the hat dance. This week's warmup is TIC-TOC. Two reps, 30 seconds each. Players count each tap. Coach asks for count after first round. Player tries to beat the previous count on the second repetition.

Tick-Tock. Pass the ball from inside of left to inside of right.

Purpose/Coaching Points:

- Knees should be slightly bent
- Develop foot quickness
- Improve ball control for close, side-to-side movement



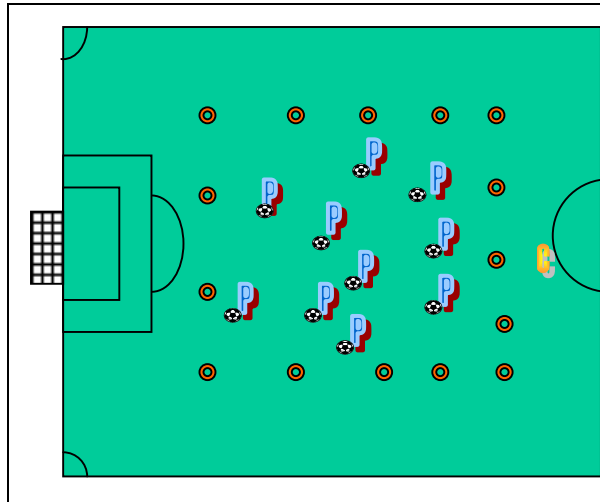
Activity 2: Dribble Drills (10-15 Minutes)

This activity builds on last week's dribbling activities. *What is the correct part of the foot to use for dribbling the ball?* Coach gets answers from players. All answers are right – we use all parts of our foot for dribbling... 😊

As the players dribble inside the grid as shown in the figure on the right, the coach can have them play:

Go for a Drive: When coach says 'red light,' players stop. Yellow light (most common) means dribble under control. Green light means accelerate. Coach can add turns, moves, etc.

Speed Dribble and Slow Down: The command 'speed dribble,' means accelerate, while maintaining ball control (3-5 seconds). When they hear command 'slow down,' decelerate.



Find Space: As the players move their ball inside the square they try to find as much space as possible. On Coaches command, players stop dribbling. The player with most space is winner. After several rounds of this, the players should be fairly close to equally spaced – coach can at that point call everyone a winner.

Purpose/Coaching Points:

- Knees should be slightly bent
- Develop foot quickness
- Improve ball control for close, side-to-side movement

- For the finding space drill, this is similar to what a player wants to do when dribbling out from a crowd.

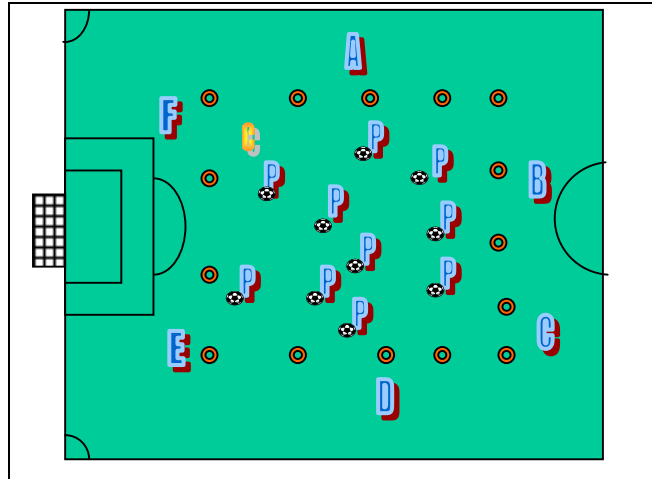
Water Break!!!!

Activity 3: ID Dribble Drills (5 Minutes)

Here's one to get the parents involved! Parents, coaches, or players (outside of the grid) have given different colored shirts, pants, or other identifying items – baseball caps, sunglasses, shorts, and so on. Players dribble inside grid; when a color or other distinguishing item is called, the player dribble to the appropriate person or persons.

Purpose/Coaching Points:

- Knees should be slightly bent
- Develop foot quickness
- Improve ball control for close, side-to-side movement
- Dribbling with head up
- Quick thinking



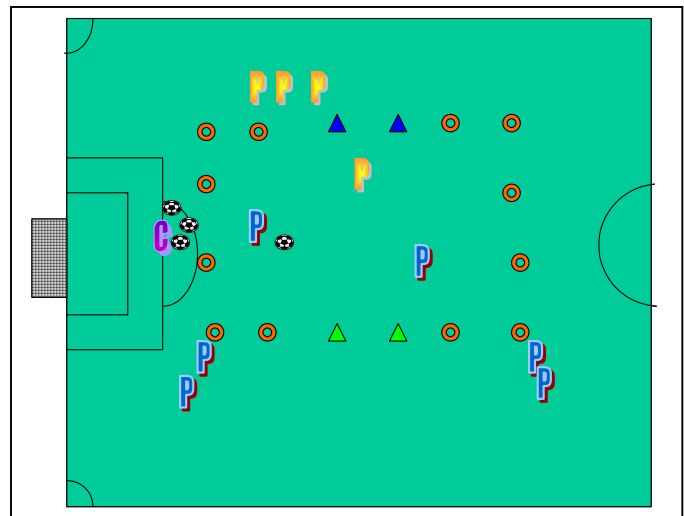
Water Break!!!!

Activity 4: 2 on 1 Passing

This drill helps the player to develop the basics of two on one passing. The setup is shown in the figure on the right. There are three groups of players. The top player defends, the bottom two attempt to score by passing to the free player. Players rotate clockwise from position to position.

Purpose/Coaching Points:

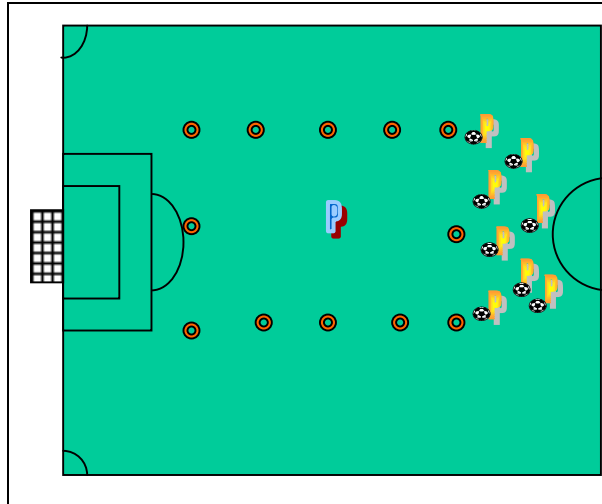
- Awareness of the other player
- Passing lanes
- Avoid bunching together
- Teamwork



Optional 1: Game - Crabs and Minnows (5-10 minutes)

One player is designated as a defender in grid (crab). The rest (minnows) get ball and align themselves at end of grid. The crab is in crab position – oriented with feet towards the other players and hands towards the back.

The minnows job is to dribble to other side of the square. The crab's job is to win any ball, and send it out of grid. Those who make it to other side must wait until everyone else's fate is decided, and coach signals second round to begin. The players whose balls are sent out of the grid become crabs. Each round is increasingly difficult.



Purpose/Coaching Points:

- **Improve ball control**
- **Protect the ball from attackers**
- **Quick decision making**

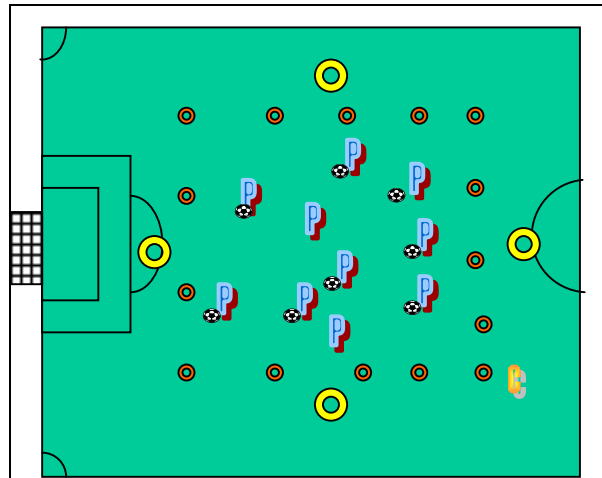
Water Break!!!!

Optional 2: Musical Balls (5 minutes)

Two less balls than players. On command, players must stop their ball, run to the yellow circle outside of the square, then return to the square to find a ball.

Purpose/Coaching Points:

- **Knees should be slightly bent**
- **Develop foot quickness**
- **Improve ball control for close, side-to-side movement**
- **Dribbling with head up**
- **Strategy – find a yellow circle with fewer players around it to increase odds of getting ball back**



Scrimmage...