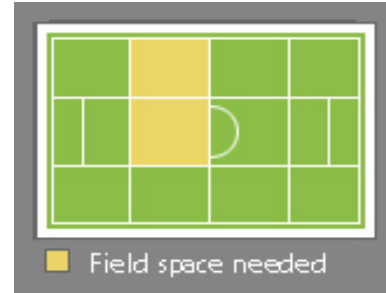


Materials Needed



Area: 30 x 30

- Ball per player
- Cones
- Speed rings
- Training arches

Two Squares (Dribbling, warm-up)

Description:

Inside the area set up a 10*10 yard square in the center (No-man land). Players are dribbling around the square in either direction – avoiding entry to the center square. When the coach blows the whistle, the players dribble the ball across the no-man land. Teach turns and on the command of 'turn' the players change direction.

Coaching Points

- Dribble with the laces
- Head up to avoid collision
- Turn and accelerate into space

Progressions:

1) Add conditions such as dribbling with one foot or the other, drag ball across, cross backwards, toe taps etc. 2) Place training arches (or cone gates) in the no-man land and players must dribble through arch as they cross. 3) Add cones as obstacles to avoid – place spare balls on the cones. 4) Place speed rings or hula hoops in the center – when coach shouts ring, players dribble ball to stand in a ring. 5) Call out a number – players have to get into groups of that number in the hoop