



Curriculum – Technical / Skill

Activity # - 300

<b>Topic:</b>	Dribbling	<b>Age:</b>	All Ages
<b>Section:</b>	Warm up	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Keeping the ball close to feet, with head up to view the field		



**Organization:**

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown
3. 1 ball per player

**Instructions:**

1. All players dribble around the area
2. On coach's call "switch", players stop their ball from moving, and start dribbling with a new ball (see A)
3. One ball is removed every 30 seconds, leaving one more player without a ball each time
4. Players without a ball must try to steal one from another player
5. If a ball is stolen, that player must steal one from a different person
6. Play for set time period

**Coaching Points:**

1. Change of speed and direction
2. Head up, accelerate away

**Progression/Regression:**

1. P – Coach can restrict the surfaces players may use to control the ball, e.g. inside only, outside only, soles only
2. P – Players can steal the ball back from the person who stole it from them, immediately
3. R – Add in more balls than players