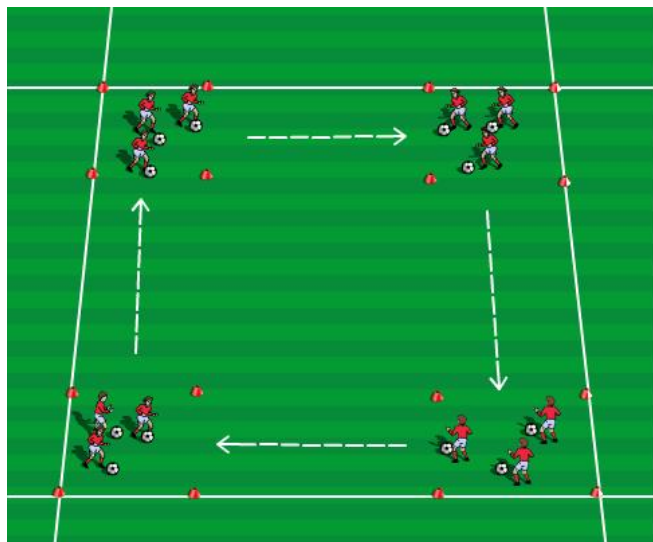




Curriculum – Technical / Skill

Activity # - 306

Topic:	Dribbling	Age:	7 to 9
Section:	Warm up	Ability Level:	Recreation
Learning Outcome(s):	Keep ball close to feet, and head up to view field		



Organization:

1. 20 x 20 yard area, with a 5 x 5 yard area in each corner set up as shown
2. 12 players (4 teams of 3) set up as shown
3. 12 balls

Instructions:

1. Players divided into 4 groups and into corners, and instructed to dribble their ball in their area
2. Upon instruction 'Clockwise!' or 'Counter Clockwise!' players then dribble into that area
3. Players should perform a turn if they are not already going in the right direction

Coaching Points:

1. Dribble at speed, keeping the ball close
2. Avoid collisions by looking around and observing positions of other players

Progression/Regression:

1. P – Add a defender in each area to sustain intensity
2. R – Have players perform without balls to understand movement