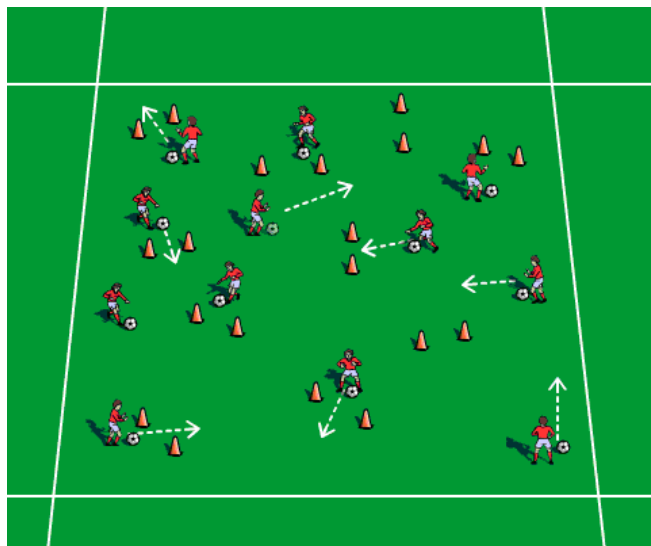




Curriculum – Technical / Skill

Activity # - 307

<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>	Keep ball close to feet, and head up to view field		



**Organization:**

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown
3. 12 balls

**Instructions:**

1. Players dribble around area trying to pass through as many gates as possible
2. Players should perform a turn if a gate they are going to already is blocked by another player

**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 – Increase the amount of gates