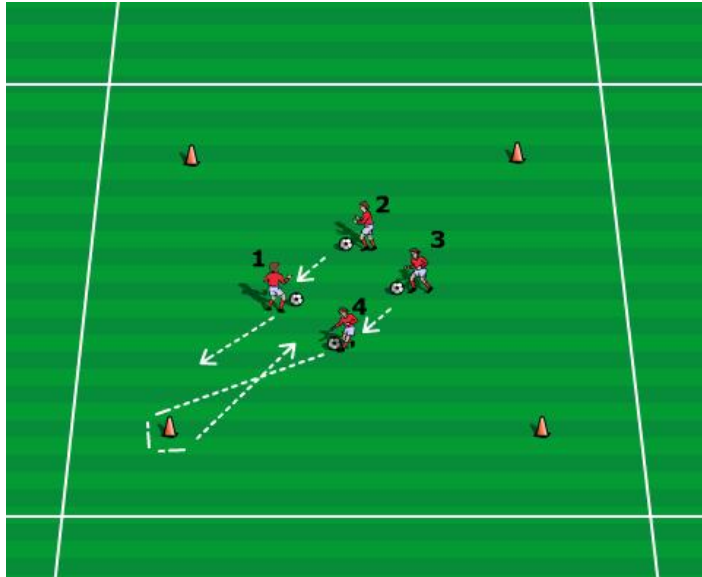




Curriculum – Technical / Skill

Activity # - 338

Topic:	Dribbling	Age:	7 – 9
Section:	Main Theme	Ability Level:	All Levels
Learning Outcome(s):	Develop dribbling in tight areas		



Organization:

1. 15 x 15 yard area set up as shown
2. 4 players set up as shown
3. 4 balls

Instructions:

1. Each player is numbered 1 through 4
2. All players must dribble around the area until a number is called
3. The player who's number is called has to dribble around any of the corner cones and get back to the middle
4. All other players must follow with the last one back losing a life
5. Players have 3 lives

Coaching Points:

1. Head up
2. Control of the ball
3. Take bigger touches when in space

Progression:

1. P – Players can knock each others ball away when racing to get back to the middle