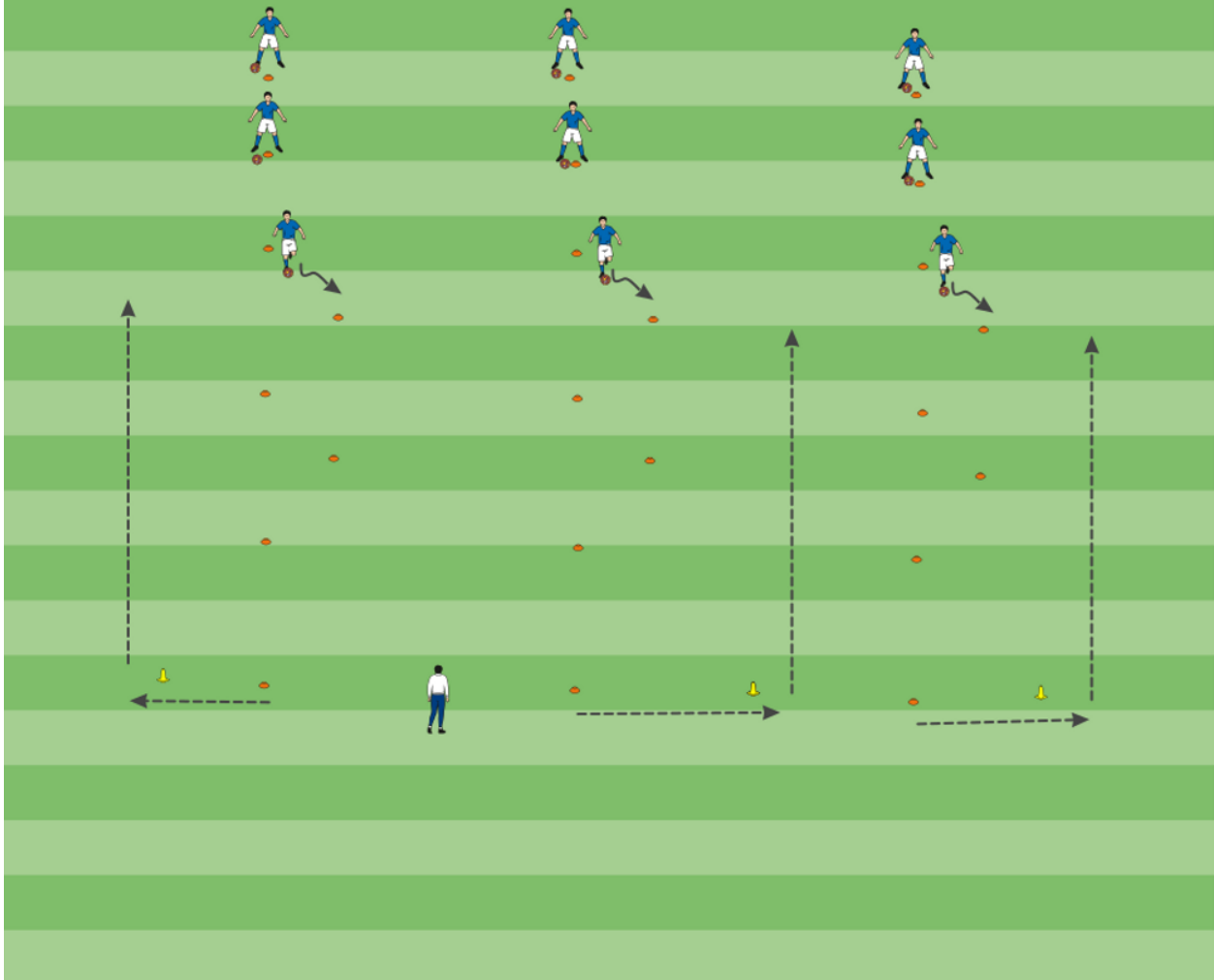


Dribbling, Moves



Organization:

Set a cone down for players to start at and then walk out 10 yards and over 5 yards and put a cone down continue this until grid is set up like the diagram. Place last cone down directly in front of previous cone (this will ensure players are taking their last touch to cut off the defender). Remember to put down cones on the outside for players to stay outside of to encourage social distancing.

How to Play:

Players dribble to the first cone and perform a move and accelerate to the next cone where they will perform the same move in the opposite direction to the next cone. Use the outside of the foot to get away. When dribbling between cones players should use laces to keep ball close, when dribbling to the last cone use larger touches. Once first player gets to the second cone, the next player can go. Players should return by dribbling with speed to the back of the line. Players waiting should be at least 10 feet apart

Why:

Work on improving dribbling with intent to draw a defender and use a move to get away

Variations:

- Change the moves they are using
- Create a challenge by turning into a race

Coaching Points:

- Technique of skill being performed
- Dribble with head up
- Change of pace after performing a move
- Explain how this translates to the game

