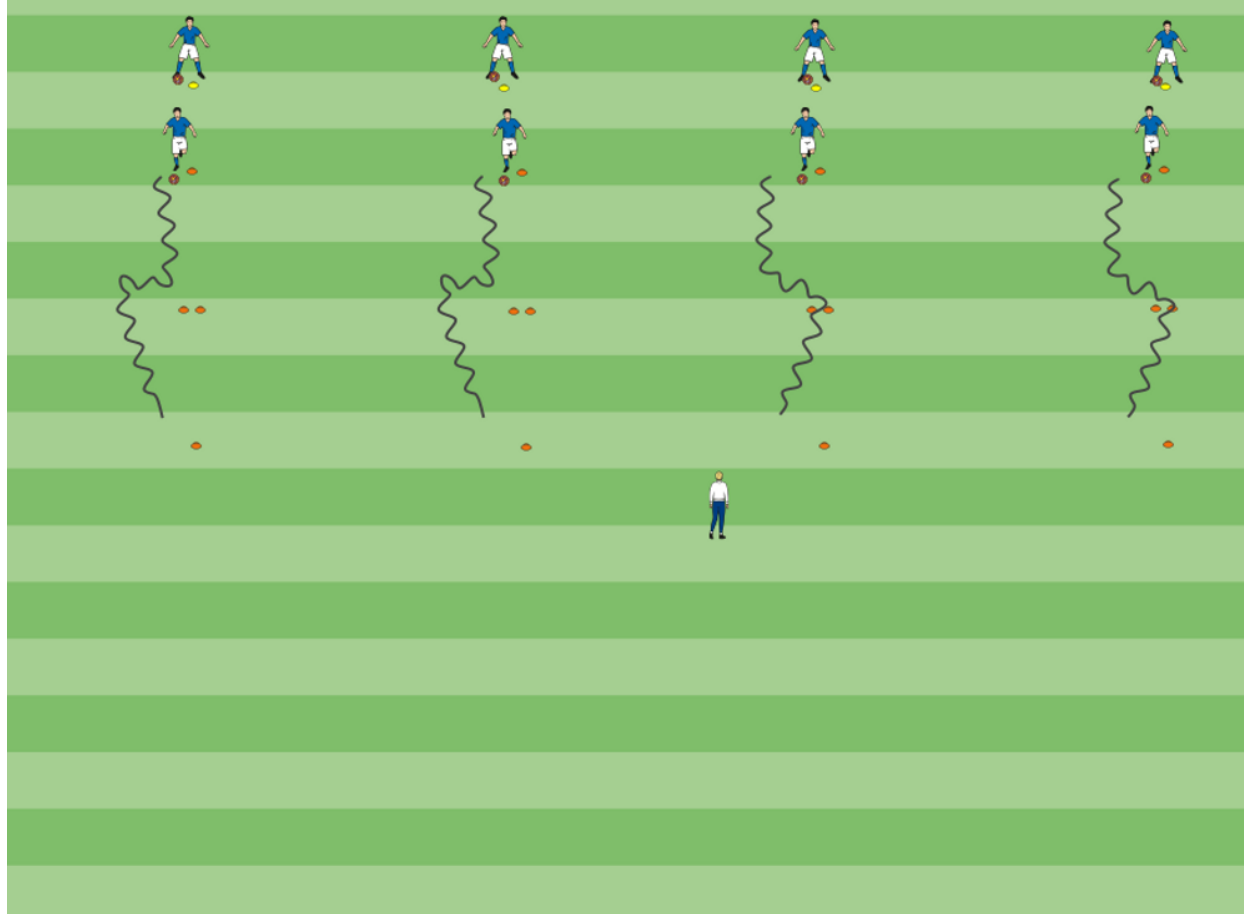


Moves to Beat a Defender



Organization:

Set up two cones 16 yards apart directly across from each other, then place two cones side by side directly in the middle. Players waiting should be standing at least 10 feet back marked with a cone.

How to Play:

Players dribble to the cones in middle and perform a move to get around

Why:

Improve moves with a stationary defender and for Players to gain confidence in 1v1 situations by providing a stationary opponent

Variations:

- Have players do the move in both directions
- Make the moves more challenging, Less challenging

Coaching Points:

- When dribbling for speed make quick touches using laces
- Dribble with head up
- Change of pace to accelerate away from the defender
- After performing the move, have a touch behind the defender to cut them off