

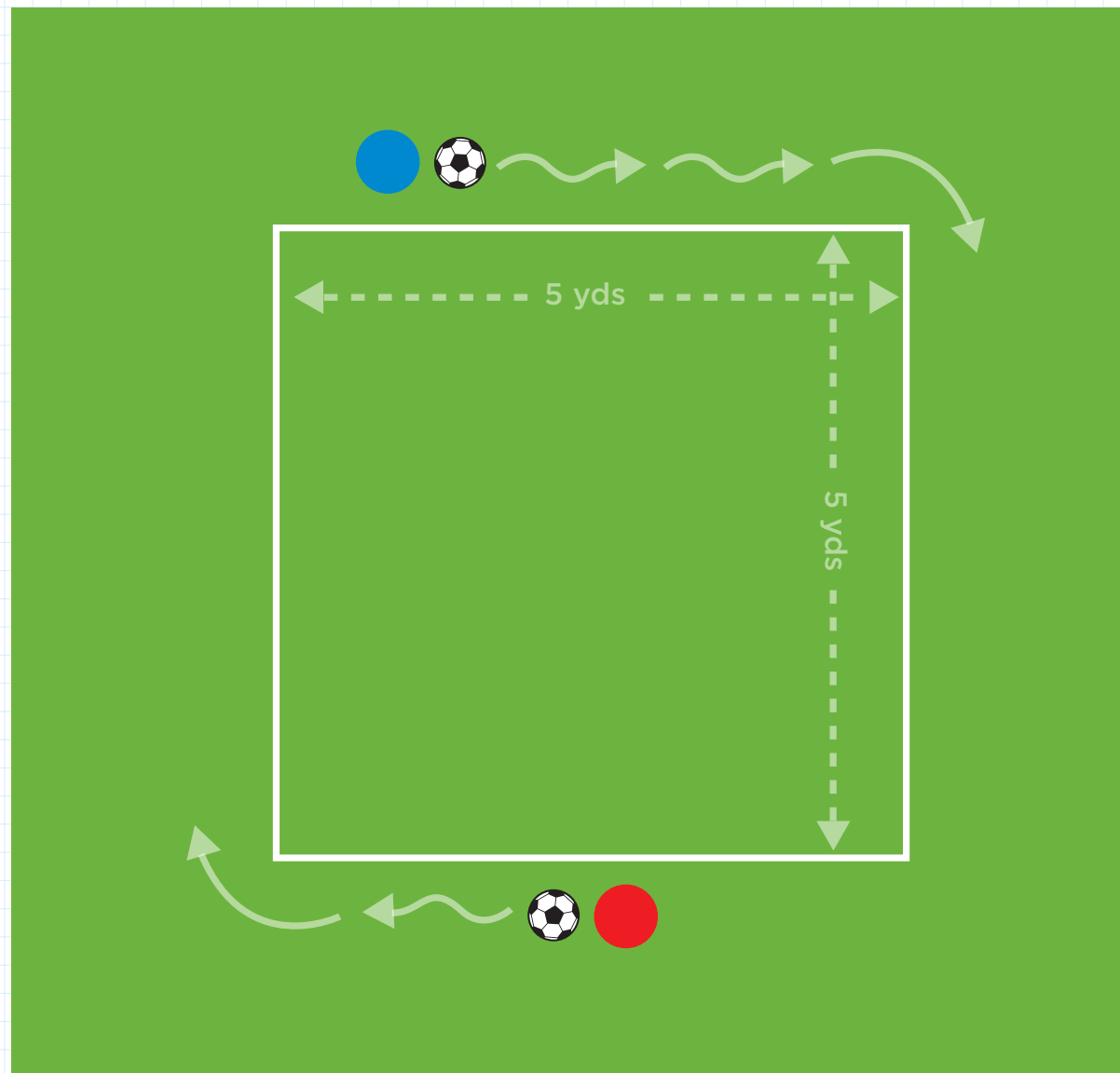
Dribbling & running with the ball 1

Practice organisation

- Area 5x5yd square, as illustrated.
- 2 players with a ball each.
- Start position in corners diagonally across from one another.
- On signal both the players dribble their ball around the square, attempting to catch other player.

Detail

- This basic activity will develop players' ability to move quickly with ball, under control.
- It involves fine & gross motor movements as well as introducing an assessing & tactical element.
- Simple progressions for this practice are:
 - Change the shape of the organisation.
 - Allow each player one opportunity to cut across one or more sides to try to tag partner.



Key coaching points

- Smaller/lighter touches around corners & accelerate out with a slightly bigger/heavier touch.
- Work clockwise & anti-clockwise.

- Each player has two opportunities to turn that can be used at any time to catch partner (think tactically).