



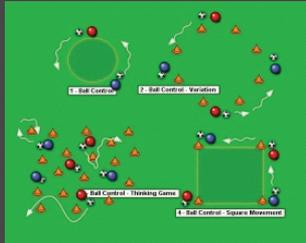
Drill of the Week...

This is a diagram showing four dribbling exercises.

Advanced Dribbling Drills:

1. Ball control and dribbling - switching direction:

Players dribble the ball around a circle. The goal is to meet each other while dribbling and high five each other without stepping in the circle while dribbling. You may have players follow each other and see who is going to catch up first with the teammate. Start this exercise without the ball at first. This will let the players get familiar with the game.



2. Ball control and dribbling - variation in the game:

Players dribble the ball around an octagon. The goal is to meet each other while dribbling and high five each other.

Variation #1: Reward one point to the players who make it around the octagon three times.

Variation #2: Coach stands in the middle of the octagon; he gives a signal (players have to look up to see it), as soon as the players see the signal they have to switch direction. Players cannot go inside of the grid.

Variation #3: Place cones around the grid and have players dribble through the cones and switch direction.

3. Ball control and dribbling - Square movement:

Players dribble around a square with the right foot and when switching direction they switch dribbling foot also.

Coach Observation: Agility movement. Thinking reaction. Observe creativity of the players
Note: Drills can start without the ball. Players will use their creativity around the obstacles.

Tip: Keep players playing and not standing in lines.

Video drill for the week: Inside of foot -
http://www.youtube.com/watch?v=0nh25k_swDg