



2010 DRILLS



## Drill of the Week...

Circuit/Relay Drill

### Circuit/Relay Drill:

*Note: Distance of obstacles is based on the ability and age of the players.*

*Description: Two teams each player with the ball. First player form the line dribbles the ball around the yellow obstacles and then dribbles back to the line. Players should dribbles fast. Keep ball close to the feet. After players go around the obstacles, pass the ball back to the teammate and now the other player starts.*



*Coach Observation: Keep ball to the feet. Coordination/Speed/Agility. Keep heads up while dribbling. Aim for flexibility while dribbling.*

*Note: After players go around the obstacles, pass the ball back to the teammate and now the other player starts.*

*Tip: Be A Good Role Model. To a large degree, your players & parents will follow your lead. Be a good sport & don't yell at the referees or at the other team. After the game, seek out the referees and shake their hand and thank them, even if they made some bad calls.*

**Video drill for the week: Simple Drills for Kids –**  
<http://www.youtube.com/watch?v=yeRaTgR1BYQ&feature=fvw>