



2010 DRILLS



Drill of the Week...

Basic Pass

Introduction to Dribbling:

Use markers or cones to make two parallel lines, forming a "lane." Have players pass to each other, using the inside of their foot, without crossing the parallel lines on either side. Challenge players to use both feet, not just their stronger foot.



Tip: If you are having trouble getting kids to practice on time, make sure you start with a fun game. Tell the kids that Freeze Tag will only be played for the first 5 minutes so they should come early if they want to play longer.

Video drill for the week: Triangle Passing - 21 Fun Games & Drills
www.youtube.com/watch?v=ejk1lm2B3W0