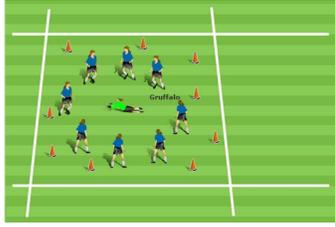




Week 6 Dribbling

Activity 1: The Gruffalo
Focus: Movement skills, Dribbling, turns



1. Area: 20 x 20
2. Ball per player
3. Training vests

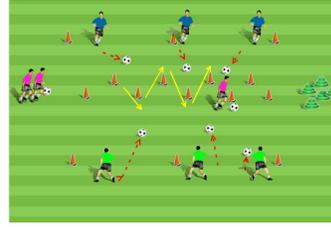
Objective

Players perform a number of movement patterns to escape the terrible jaws and terrible claws of the Gruffalo!

Coaching Points

1. Become part of the story and have fun
2. Move quickly to the cones
3. Keep balls close by

Activity 2: The Gauntlet
Focus: Dribbling



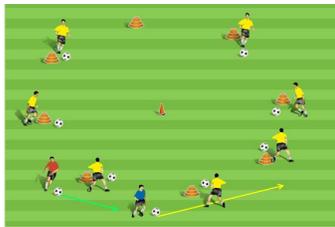
1. Area 20 x 10 yds
2. Ball per player
3. Cones
4. Training vests

Objective

Three teams – One team positioned on either side of the area with a ball each. The other team in two lines at one end of the square. Two lines of cones are staggered down the center of the square and on the command of "GO" the brave Knight will run the Gauntlet by dribbling in and out of the cones to the other side. As the Knights of team 'A' run the Gauntlet, the Knights of team 'B' & 'C' pass their balls along the ground in an attempt to hit the Knight's ball. Once the ball is hit the gauntlet is finished and the Knight sits behind his/her team. If the Knight reaches the end line, he/she collects a cone (treasure) and takes it back through the Gauntlet to the team. The Knight continues until the ball is hit. Count the treasure for each team

Coaching Points

Activity 3: Sticky Donut
Focus: Dribbling



1. Area 30 x 30 yds
2. Ball per player
3. Cones
4. Training Vests

Objective

Coach forms a large circle using cones equally spaced (one cone per player minus one). Each player stands next to a cone and the extra player without a cone starts to dribble around the outside of the circle. As the player moves around in a clockwise direction, he/she touches another player and shouts "STICKY DONUT" – that player leaves the circle and moves in an anti-clockwise direction. Each player attempt to get back to the vacant spot before the other - first without and then with the ball. If the coach shouts "DONUTS", all players dribble to the center cone – first one to the middle gets the top cone (Donut) off the stack.

Coaching Points

1. Quick dribble
2. Keep ball close to the outside of the circle as you dribble
3. Head up to avoid collision

Activity 4: Game
Focus: 3V3



1. 2 goals, cones can act as goal
2. 20X20 Area

Objective

Finish off practice with little coached game. try to get players to incorporate practice into scrimmage by offering points.

Coaching Points

1. Encourage practice points

