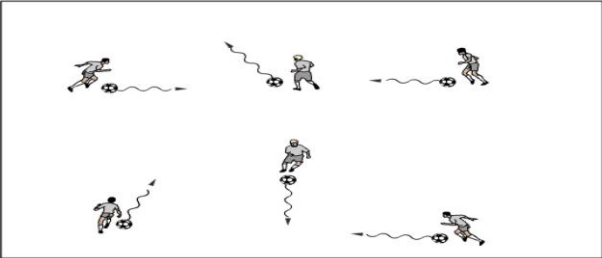
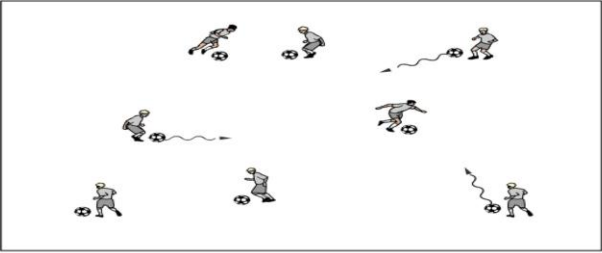
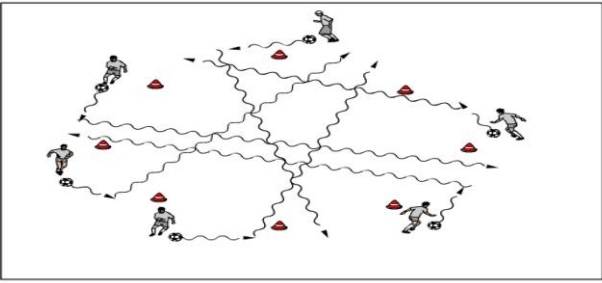
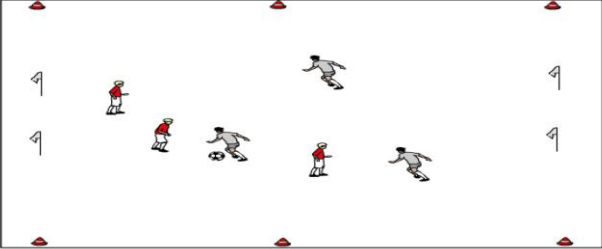


<p>Body Part Dribble</p> 	<p><u>Organization</u></p> <ul style="list-style-type: none"> • Each player has a ball in a 20 x 20 yard training area • Players dribble inside the training area trying to keep close control of their ball while avoiding other players • While they dribble the coach calls out a body part such as: right elbow, left knee, chin, nose etc. • The players must stop their ball (first with their feet) and then put the body part designated by the coach on the ball 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Dribbling with different surfaces • Moving into open spaces
<p>Everybody's It</p> 	<ul style="list-style-type: none"> • Each player has a ball • Players dribble around trying to tag as many people as possible while maintaining control of their own ball • Play each game for 30 seconds 	<ul style="list-style-type: none"> • Dribbling with different surfaces • Head up to tag
<p>Cross Over</p> 	<ul style="list-style-type: none"> • All players with a ball dribbling around a circle • On the coaches command the players attempt to dribble across the circle without touching each other or another player's ball • If necessary, start without a ball and encourage players to run across the circle as quickly as possible 	<ul style="list-style-type: none"> • Changing direction, changing speed • Keep head Up
<p>The Game</p> 	<ul style="list-style-type: none"> • 3 v 3 • No conditions – Let Them Play 	