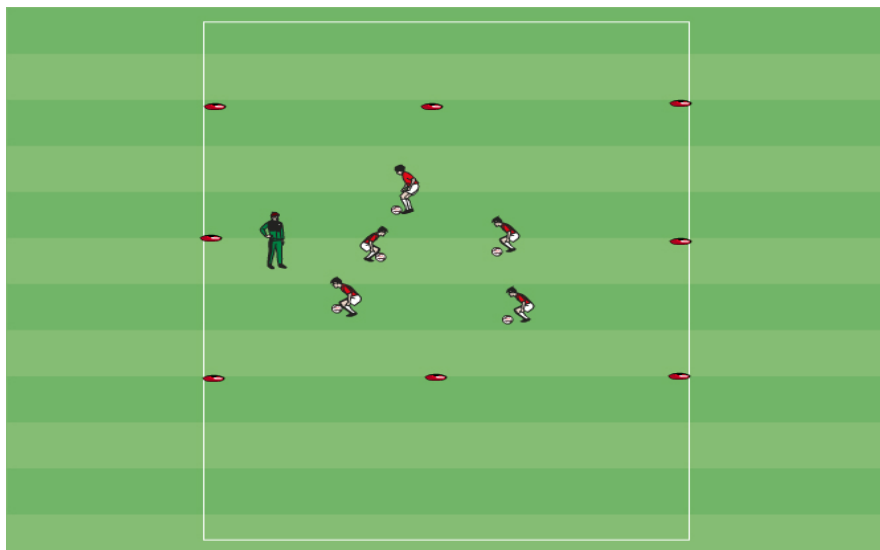




TRAINING EXERCISE

Body Parts



Objective


To develop dribbling with the head up. To develop how to dribble and turn the ball. To develop how to run with the ball. Develop coordination, balance and agility.

Description

Each player has a ball and is inside a playing area. When the coach calls out a body part, they stop the ball with the called part. Example: Coach says "knee", all players try to stop the ball with their knee. Variations: A) Call two body parts they have to use both. Example: knee, foot. They touch the ball with their knee and then stop it with their foot. B) Coach is silent but nominates one player to stop the ball. Whatever body part that player uses, everyone else uses the same part.


Key Points

Keeping the ball within reach while dribbling. Keeping the head up when dribbling. Using the inside or outside of the foot when turning a ball. Using the laces or pinky toe when running with the ball.

 **Dribbling**
Coordination & Balance
Basic Motor Skills
Perception & Awareness
Agility
Running with the Ball

 **U5 to U8**

 **2 to 12 Players**

 **Each player needs a ball. Create a playing area with cones for players to stay inside.**

 **Intensity: Medium**

 **12:00 min**
(6 x 01:00 min, 01:00 min rest)