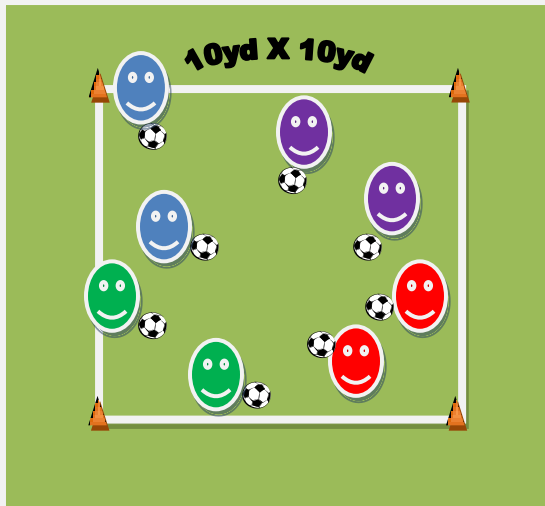


Body Dribble (U6-U10)



Depending upon the size of the group, place players in a grid with a good amount of space. As they dribble shout out body parts for them to place on the ball, i.e. elbow, belly, nose, etc.

Variations:

1. This can eventually be transitioned into Free Dribble, Traffic Jam or even Knock Out!
Focus: Players should keep their head up and the ball close to them. They should dribble under control but as quickly as possible.