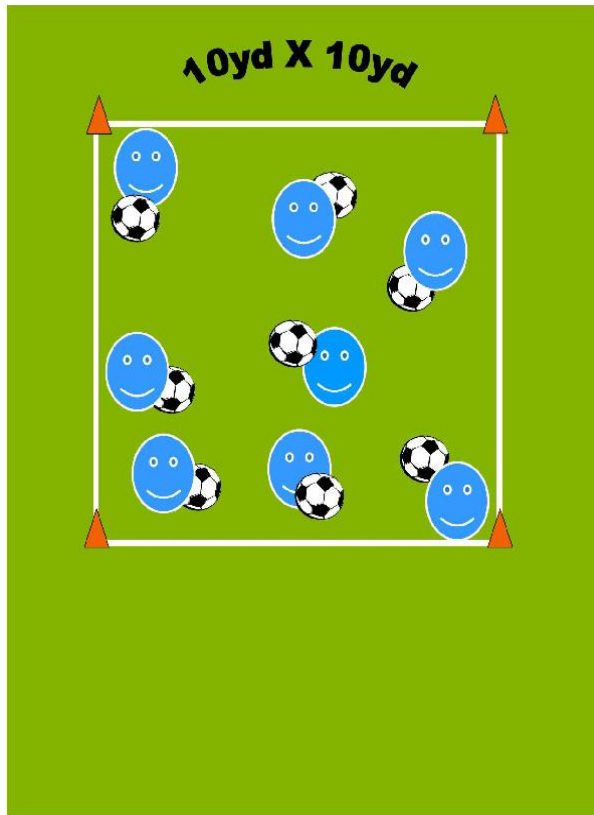


Free Dribble (All Ages)



Depending upon the size of the group and their skill level, place players in a grid with a good amount of space. As they dribble shout out various “moves” they should make, i.e. pull back, tic-toc, toe touches, step over, change of speed, etc.

Variations:

1. This can eventually be transitioned into Traffic Jam
2. Depending upon the group, shout out combinations, i.e. pull back and then change of speed

Focus:

Players should keep their heads up and the ball close to them. “Moves” should be performed as correctly as the players coordination will allow.