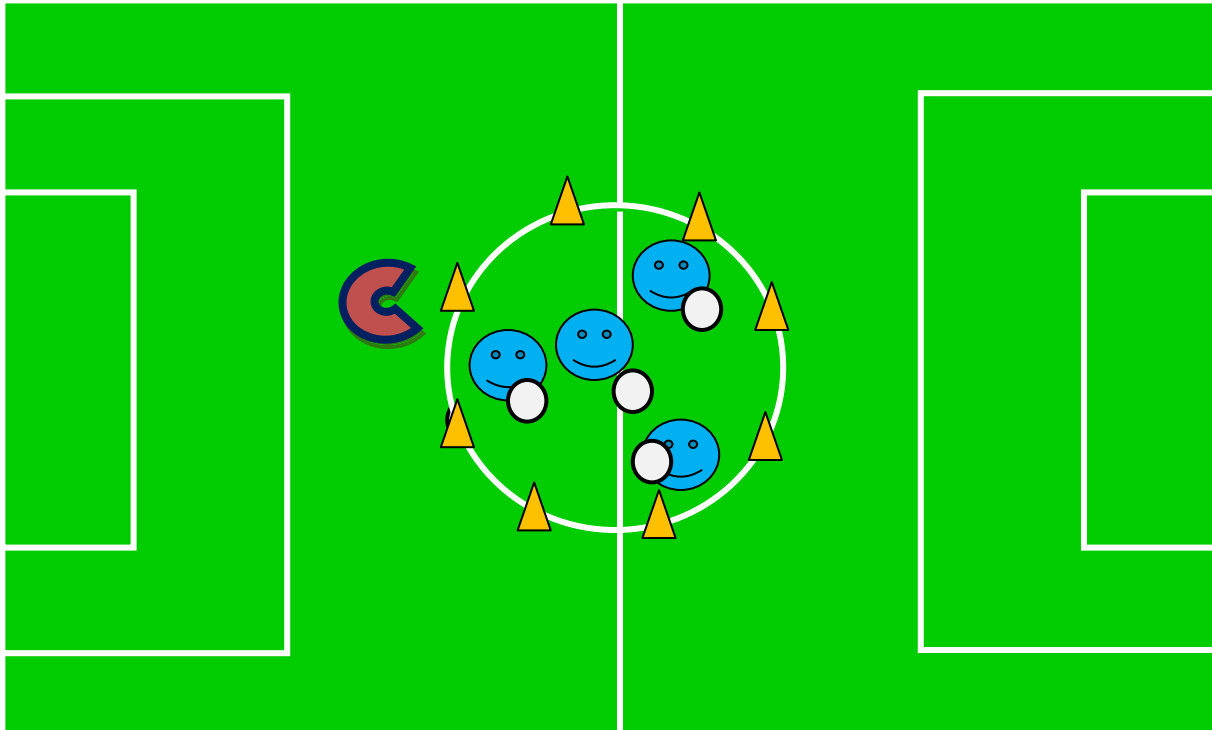


The Numbers Game



This drill is a great transition out of body dribble or other similar games. In a circle defined by cones, the coach assigns different instructions to numbers. For example, every time the coach says “1” players must dribble around a cone and then back to the center of the grid. If the coach says “2” players must leave their ball, run around a cone and then return to their own ball. A coach is only limited by their own creativity.

Variations

1. Have players simply switch balls
2. Have players leave their ball, run around a cone and then take someone else’s ball.
3. Have players use their right or left foot to dribble around the cone
4. Provide different colored cones and have the players dribble around specific colors

Focus

Reinforce the importance of following directions and using proper technique and speed. Change of pace should be highly encouraged.