



# WEEK FOUR: ADVANCE DRIBBLING

Category: Technical: Dribbling and RWB  
Difficulty: Advanced

Othmane Benkhallouk, Arlington, United States of America  
Individual-Adult Member



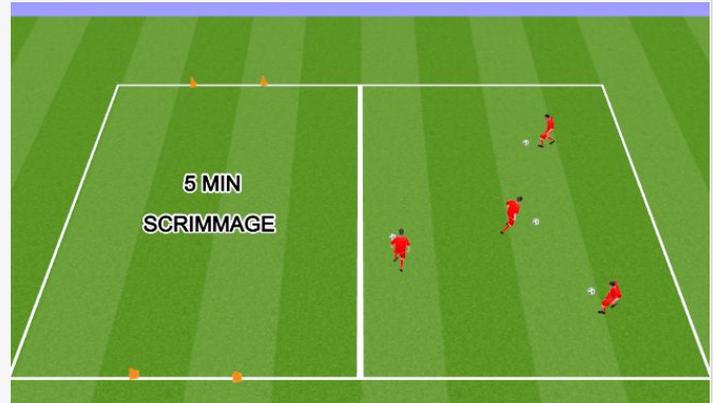
## Screen 1

Week FOUR: Advance Dribbling:

- Scrimmage/Warmup: Introduction to *juggling*

Divided into **4 parts**:

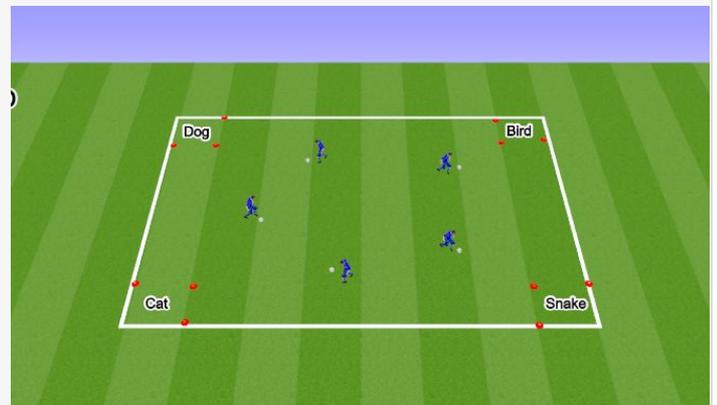
- **Part 1:** Dribbling using both feet and all the surfaces of these feet. Space awareness and different paces. Big Toe and Little Toe.
- **Part 2:** Fun Game:
  - - Tag.
  - - Mirror.
  - - Follow the leader.
  - - Body parts.
  - - Tails' game.
  - - Shadow.
  - - Quick drop.
  - - Statue.
  - - Red/Green light.
- **Part 3:** Introduction to juggling.
- **Part 4:** Dribbling with more intensity. Switching directions, adding pressure ... etc.



## Screen 2

**Drill 1: Animals house.**

- First, with no defender, they will add pressure as needed. The coach sets up a grid in each corner and gives each one an animal name (e.g. monkey, bird, dog, cat, etc.). Players dribble around the area until the coach calls out the name of the animal/grid to visit. Players dribble to that animal/grid and stop their ball.



## Screen 3

**Drill 2: The big bear.**

- The coach is the Big Bad Bear that tries to capture players while the players dribble around the playing area to avoid him/her. The players may use the caves, which are grids placed in each corner of the area, as safe areas. Players can only stay in the caves for 10 seconds before they must dribble through the circle in the middle of the area where the bear is waiting in order to get to another cave. If a player is captured, they become a bear and help the big bad bear capture players. The last player to be captured is the winner.



Screen 4 | Scrimmage is spelled incorrectly

## Screen 4

CRIMMAGE: 10MIN

LESS COACHING LET THE PLAYERS PLAY

