



WEEK ONE: INTRODUCTION TO DRIBBLING

Category: Technical: Dribbling and RWB
Difficulty: Beginner | **Start Time:** 05-Sep-2021
19:20h

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America
Individual-Adult Member



Description

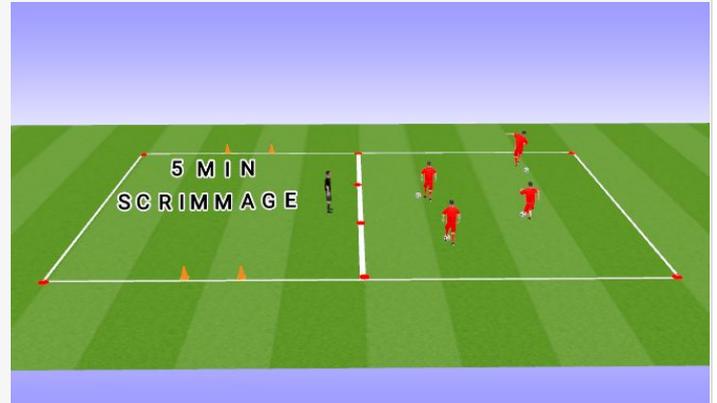
Scrimmage/ Warm Up

Arrival & Warm-Up (15min total)

Scrimmage (5min) | As players arrive on the field, get them involved in a scrimmage right away, adding players to each team as more arrive.

Fun Warm-Up Game(s) (10min) | See below for a few options. These warm-up games can be used for weekend games as well.

- **Tag** | All players have a ball. Designate one player as the tagger who must tag others. If tagged, a player becomes a tagger. Play until there is only one player left untagged.
- **Follow the Leader** | All players have a ball. Designate one player as the leader. Other players must follow the direction and movements of the leader.
- **Red/Yellow/Green Light** | All players have a ball. Players dribble in the playing area and the coach calls out either red light (stop and foot on the ball), yellow light (slower dribbling), green light (faster dribbling). Players must keep close control to be able to immediately stop the ball when they hear red light.



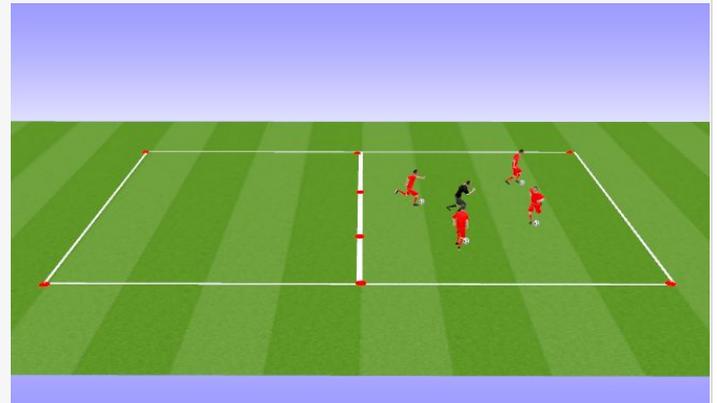
Drill 1

Drill 1: Get Out of Here (12min)

- First with the coach then with the players. Players have to dribble the ball and get away from the chaser (coach to start). The chaser tries to knock the players' balls out of bounds. If a player is knocked out, he/she retrieves their ball and rejoins the game. Progress by making a player the chaser. Allow all players the opportunity to be chasers.

Coaching Points:

- use big toe and little toe to dribble.
- Small kicks to keep ball close
- Look up to see where you are going and know where the chaser is.



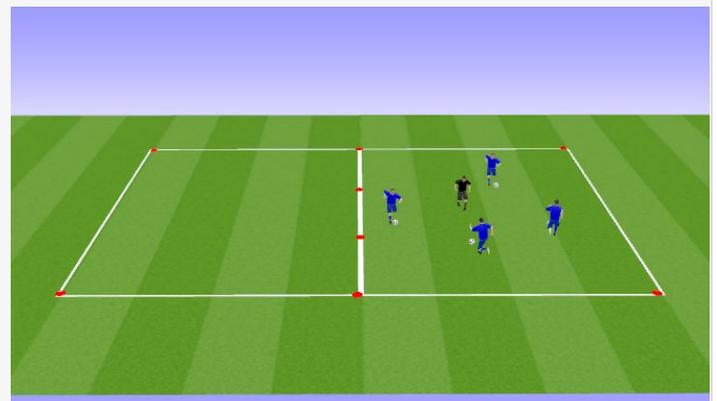
Drill 2

Drill 2: Ouchy (12min)

- First with the coach then with chasers. Players try to kick the ball at the coach's feet/legs. When the coach is hit in the foot/leg, he/she must hop on the other leg. When hit on the hopping leg, he/she must drop down on his/her knee. The coach can only get up back up if a player gives him/her a fist bump. Progress the activity by allowing players to take the coach's role and allow all players to take a turn.

Coaching Points:

- use big toe and little toe to dribble.
- Small kicks to keep ball close
- Get close to coach and then kick the ball at the feet.



Scrimmage

Scrimmage (15min)

LESS COACHING LET THE PLAYERS PLAY

