



## WEEK TWO: BASIC DRIBBLING

Category: Technical: Dribbling and RWB  
Difficulty: Beginner

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Individual-Adult Member



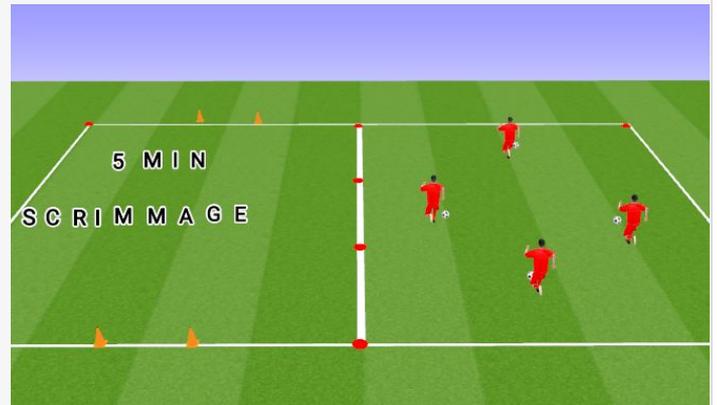
### Screen 1

#### 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 (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.



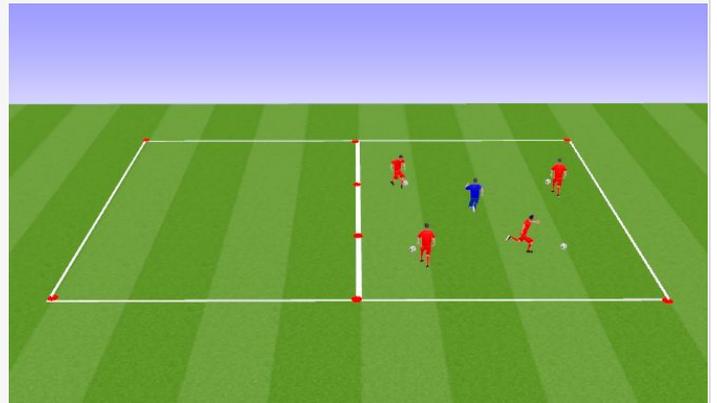
### Screen 2

#### Drill 1: Endless Sharks and Minnows (12min)

- Players (minnows) dribble the ball around the area, trying to stay away from the one player (shark) who is trying to kick their balls out of bounds. If a minnow's ball is kicked out of bounds, he/she becomes a shark. Play until there is one minnow left. The last minnow becomes the new shark. Players retrieve their balls and start over.

#### 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 shark is.



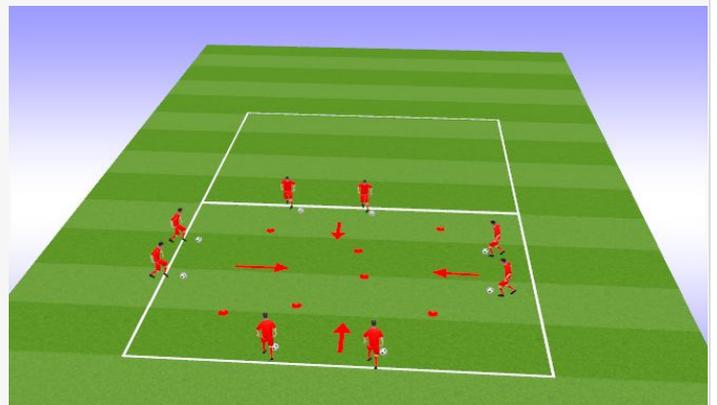
### Screen 3

#### Drill 2: Traffic Jam (12min)

- With no cones, then cones ... multiple directions when possible. Players start in two groups of lines facing one another (as shown in the diagram). The first players in each line dribble to the line across from them and avoid hitting other players. Progress by adding 2 more lines of players going in the other direction and adding obstacles to avoid in the middle.

#### Coaching Points:

- use big toe and little toe to dribble.
- Small kicks to keep ball close
- Look up to see where you are going so you don't crash into another player.



## Screen 4

Scrimmage (15min)

LESS COACHING LET THE PLAYERS PLAY

