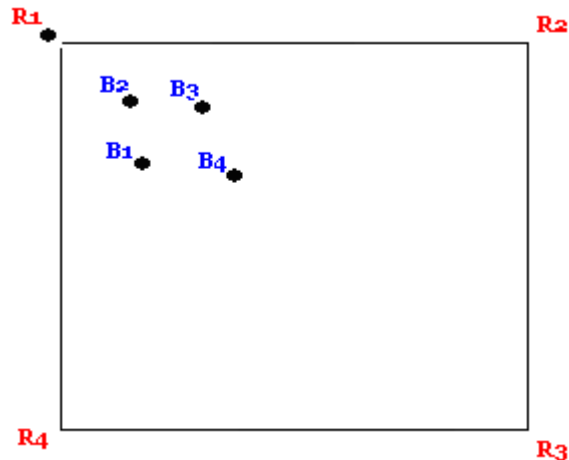


Sample Activity 1



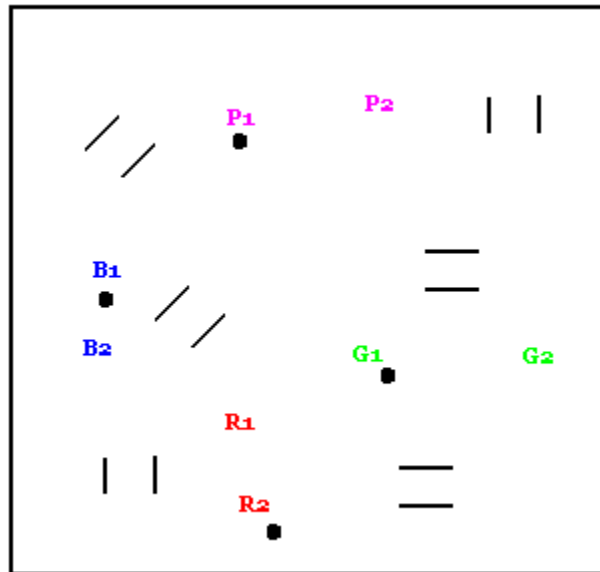
Rules:

R's pass the ball around the square and B's must dribble and follow the ball as the ball is passed from one player to the next. R's always pass on the outside of the square.

Progression:

- B1 does not have a ball – as the ball is passed on the outside by the R's, B1 can attempt to steal any ball from another Blue player. If B1 steals a ball, the player he stole possession is now on defense and attempts to steal another ball from any Blue player – simultaneously, all Blue players are dribbling to follow the path of the ball on the outside of the square
- Allow the Blue player without a ball to either steal possession from another Blue player or intercept a pass by one of the Red players. If B1 intercepts a pass by any Red player, they switch positions and the game continues
- Allow the team on the outside of the square to play diagonally through the square

Sample Activity 2



Rules:

Split the entire team into groups of two, one ball per group. One player dribbles to the gate and stops the ball on the imaginary line between the cones with the sole of their foot. Once the ball has been stopped, their teammate then dribbles the ball to another gate. Teams earn one point for every gate they stop the ball and exchange roles. How many gates can you dribble to in one minute?

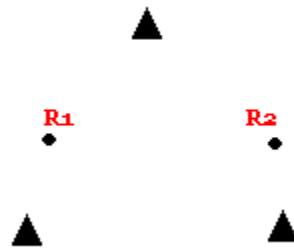
This game begins to put into players minds the idea of a take over.

Coaching Points:

- Teamwork between two players
- When dribbling or running keep your head up to avoid hitting other players
- Before the ball is stopped, can the player not dribbling the ball look up to see what gate he will dribble toward – getting players to get their head up and begin thinking one step ahead
- Close control of the ball when dribbling



Sample Activity 3



Rules:

R1 and R2 start on opposite sides of the triangle – dribbling around the perimeter of the triangle R1 tries to tag R2 – if R1 is successful then player’s change roles – neither player can dribble through the middle of the triangle

Coaching Points:

- The tagger should be deceptive and change direction as much as possible
- While dribbling, keep your head up to see the movement of the other player
- Use various surfaces of the foot to manipulate the ball (inside and outside)

Progress:

Allow the tagging player one chance (only one) to dribble through the middle of the triangle to tag the other player