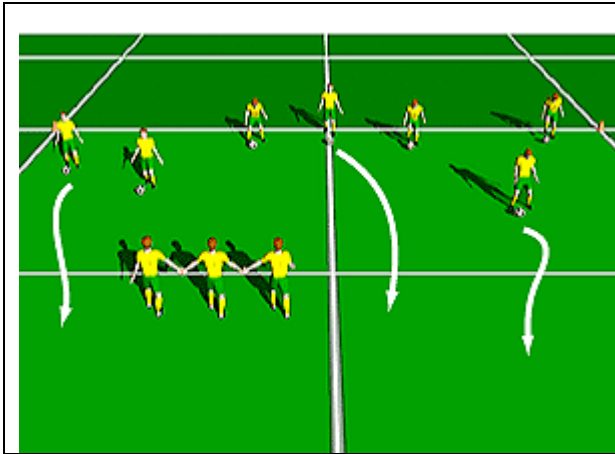
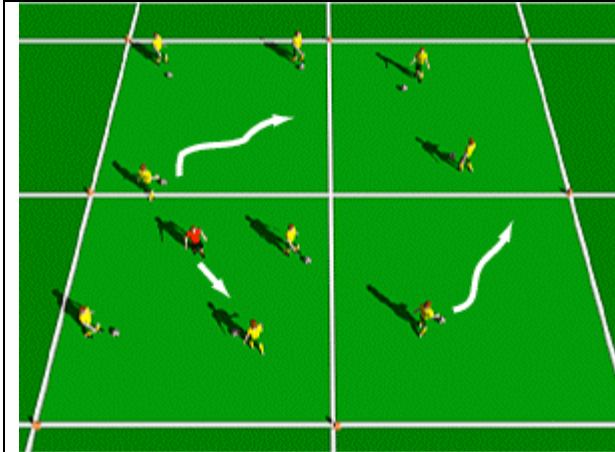


Dribbling #2



Centipede

Mark off a square 20 x 20 yards. Choose 1 volunteer to be the "head" of the centipede. The players attempt to dribble their balls from one end of the grid to the other without their balls getting kicked out. If a player loses his ball then he or she must join hands with the head of the centipede. Additional players that get knocked out join the centipede. They must not release each others hands when attempting to kick other player's balls out of the grid. The last player to make it across the grid is the winner.



Tiger in the Middle

Mark off a square 20 x 20 yards. Have all players move about with their balls in the square. Choose one player to be the "tiger". When he is released, all players try to avoid him and shield their ball from being knocked out. The last one left is the winner.



The Shooting Race

A group of players with a ball each are placed at opposite goals. Two goalkeepers are positioned in goal. Identify groups using colored bibs. A cone is placed in the middle of the goals. On the coaches command, the first player from each group dribbles around the cone and has to score as quickly as possible. The first player to score wins a point for their team. After shooting, players join the end of their group. The practice is then repeated by the next players in line. Coach should keep track of goals scored and make a competition amongst the teams.