

DESCRIPTION

Set-up a series of squares as shown, each player should be facing a 6x6 yard square. Players will dribble from their starting spot to the square to make a turn before either returning to their starting spot or moving to the next square, depending on the turn you're showing. You can start simple and show more complex turns to the older players: pull-back, Cryuff, pull/push, chop, scissors, roll & stepover, etc.

WARM UP

To make it more fun you can turn it in to a race.

TECHNICAL

The same set-up as above. Make sure you have more squares than players. Give players 75 seconds to visit as many squares as they can, the only rule is they cannot be in a square if there is a player already in there. Challenge them to use different turns to get to new squares quickly.

Next you can have all players start the game in a square, each player has five lives to start, when coach says go the players must perform a chosen skill (eg 3 pull back turns) before finding a square. The last player to do so loses a life. You can start reducing the number of available squares to make the game more fun.

TACTICAL

The next game is a variation of sharks & minnows, which most players love. The sharks will be assigned to a cone where they must stay. The dribblers must dribble their ball across the field - we suggest putting in lanes for them if they are younger and can't keep separated. The shark must kick their ball at the dribbler, if they hit a dribbler then that dribbler becomes a shark. The last surviving dribbler wins the game.

GAME

Tic-tac-toe: you can make this one big game or set it up several times depending on the number of players. We suggest making small teams. Each game is two teams. On their turn, a player must dribble to the board and mark a square. If you have lots of players they can do this by standing there. For smaller teams the coach can mark the square with a cone. The first team to connect three in a row wins the game.

To progress the game, you can add-in a challenge element to the game by asking the dribbler to weave some cones or navigate an obstacle course before they make their cone.

COACHING POINTS

FIRST COACHING POINT - MECHANICS

Players should keep their heels of the ground as they dribble, they may slow down as they prepare to turn by taking smaller steps, this slows the defender down. The ball should be half a step in front of them as they prepare.

FIRST COACHING POINT - SPEED

Players should burst away from the turn to create space

SECOND COACHING POINT - PLANNING

Players should have a map of their surroundings in their head as they play. Their goal is to turn towards an open space

FIRST COACHING POINT - BALL CONTROL

The players should have their ball close and be ready to move it quickly if needed

SECOND COACHING POINT - DECEPTION

For the best chance of getting past the shark the dribbler may wish to fool them, they can do this by faking them out with a false start or quick burst of speed.

COACHING SUMMARY

This part should be fun, high energy and enjoyable. Work with each player on their dribbling mechanics. Try to avoid any toe kicking and have players keep their heels of the ground as they dribble.

DIAGRAM

