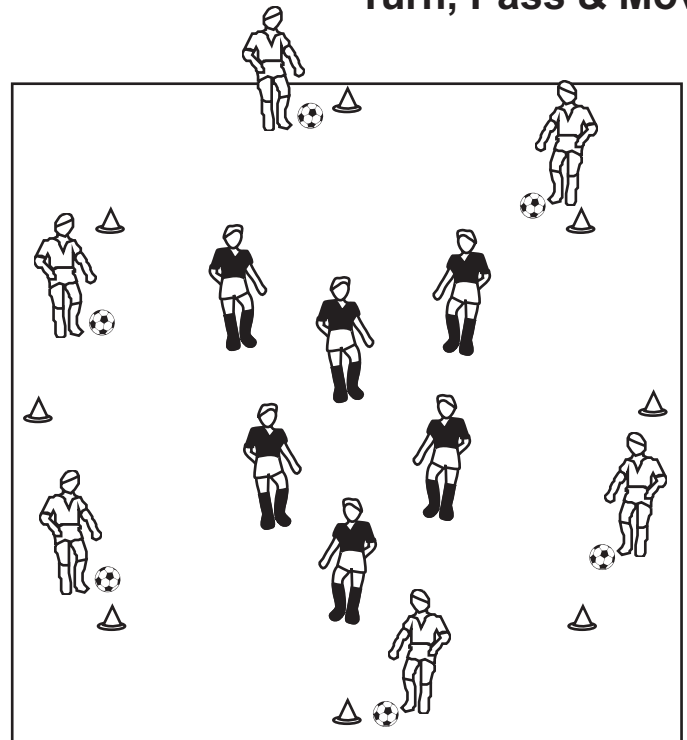
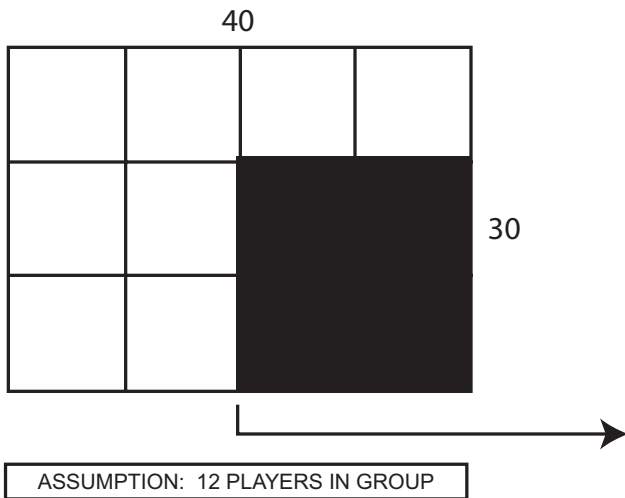


Dribbling & Turns

Turn, Pass & Move



Purpose

To practice selecting the controlling surface for the aerial ball.

Organization

Set out a circle of discs within a 20 x 20 yard area.

Station six players around the circle and six players inside the circle. All outer players have balls.

Game Objective

Dark players inside the circle move to any player on the outside of the circle. The Light player calls the name of the surface that he wants the Dark player to control the ball with. The Light server then tosses the ball to the head, chest, thigh or foot of the Dark player, who must control the ball off to the side and turn to play the ball to a different player on the outside of the circle. The Dark player moves to a new server. Rotate positions.

Progressions

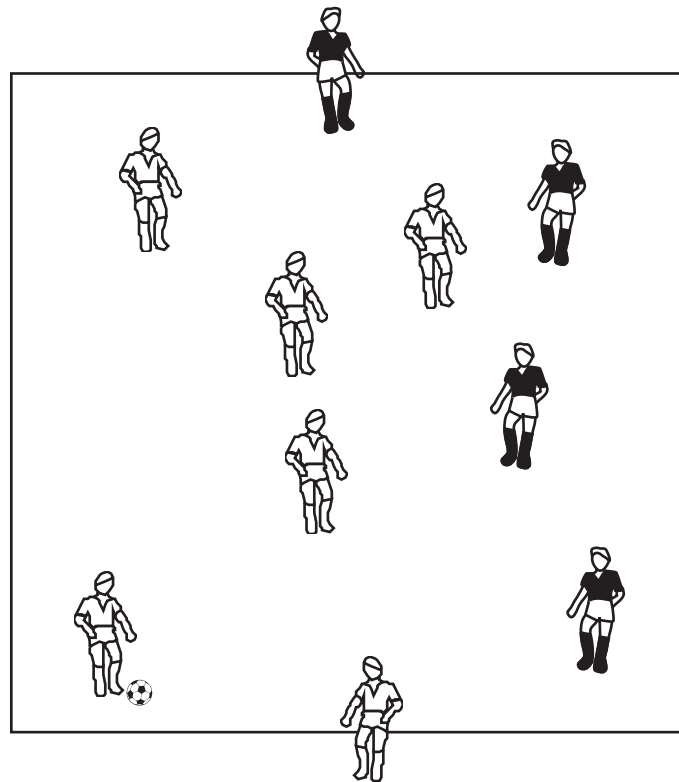
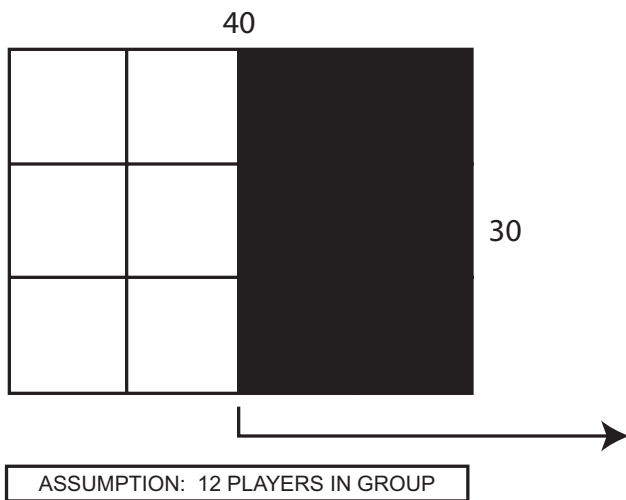
Play the ball to the person on the opposite side of the circle to the server thus accentuating the turn. Vary the type of pass used.

Key Coaching Points

1. Establish a balanced position before making contact with the ball.
2. Make eye contact before you pass to an outfield play.
3. Use the drag back and step over turn.

Dribbling & Turns

Numbers Up Game



Purpose

To develop dribbling to pass.

Organization

Set out a 20 x 30 yard area. Play 5 v 5 +2 target players stationed on the end lines. 1 ball per practice.

Game Objective

The object of the game is to play the ball to the target player stationed on the end line. The player making the final pass to the target player then joins the target player on the end line. First team with all 6 players on their end line wins. If the ball goes out of play, pass the ball in. When a team gets a player on the end line, the other team starts from that line with the ball.

Progressions

You can only pass after attempting a turn or fake.

Key Coaching Points

1. Use fakes and turns to keep possession.
2. Make forward runs in front of the ball.
3. Win the ball and go forward.