

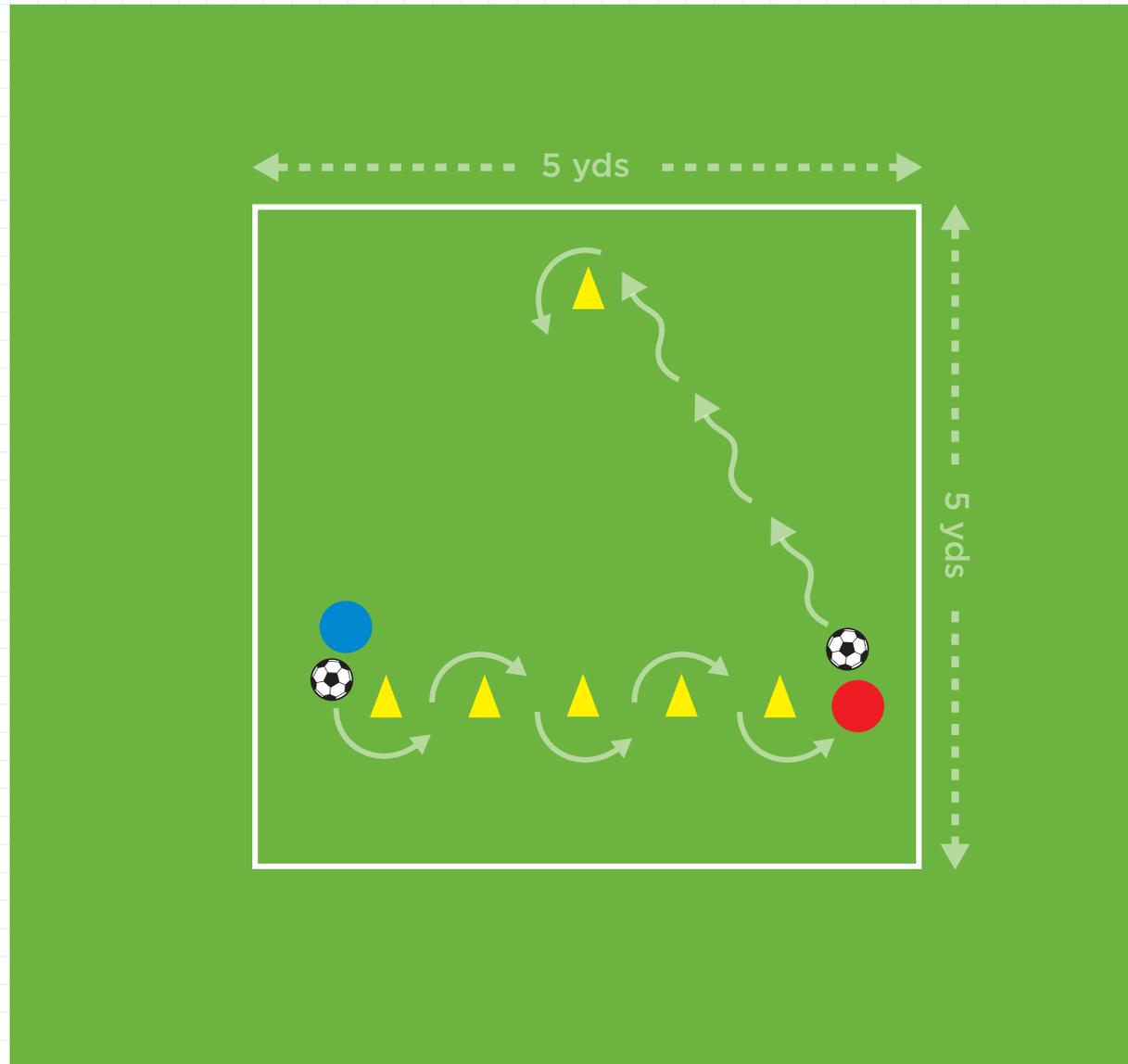
# Dribbling & running with the ball 2

## Practice organisation

- Area 5x5yd square, as illustrated.
- 2 players with a ball each.
- Start position: players begin dribbling through cones in pursuit of one another.
- Objective is to catch partner.
- Players have two opportunities to reverse direction of play (tactical challenge) during the defined time (by coach) for practice.

## Detail

- This basic activity will develop players' ability to move quickly with ball, under control.
- It involves fine & gross motor movements as well as introducing an assessing & tactical element.
- Simple progression for this practice is:
  - Change the shape of the organisation.



## Key coaching points

- Smaller/lighter touches around corners & accelerate out with a slightly bigger/heavier touch.
- Work clockwise & anti-clockwise.
- Each player has two opportunities to turn that can be used at any time to catch partner (think tactically).