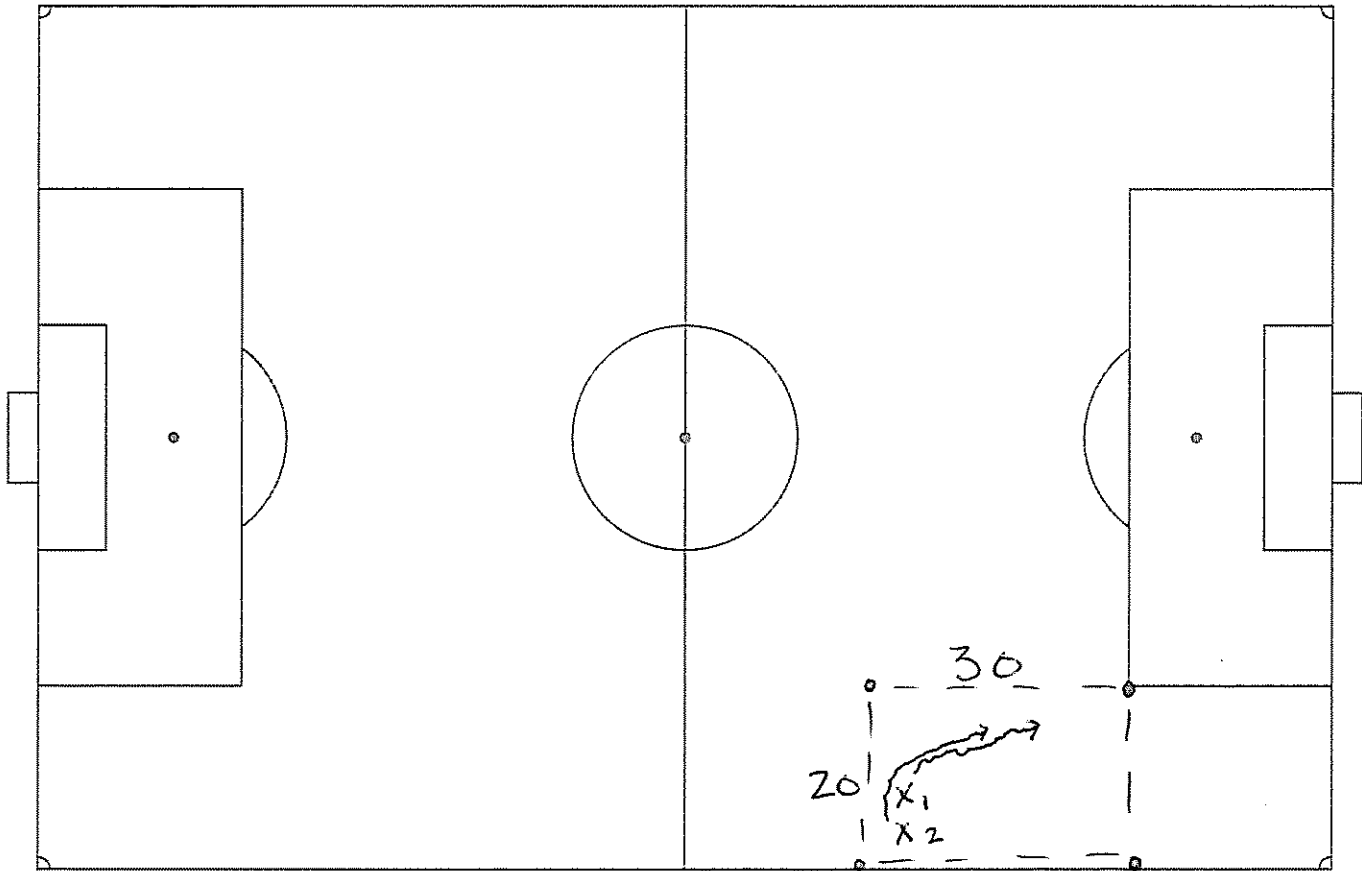


- ★ CONCEPT: DRIBBLING
- ★ AGE GRP: U5-U6
- ★ WARM-UP: 10-12 mins.
- ★ GAMES



"Follow The Leader"

- SPACE = 20 x 30 yds (Adjust so players have lots of space)
- 2 Players - 2 balls (1 behind the other)
- Lead player dribbles in Grid while trailing player follows his/her path while dribbling.
- Use the "Red Light / Green Light" Concept to vary or alter motion. Should stay w/in 2 yds of leader.
- After 2-3 mins switch leader/follower roles.
- To advance or progress attempt to encourage different speeds while dribbling (fast, slow, med...)
- Coaching pts: dribbling w/ both feet, tight control, FUN!