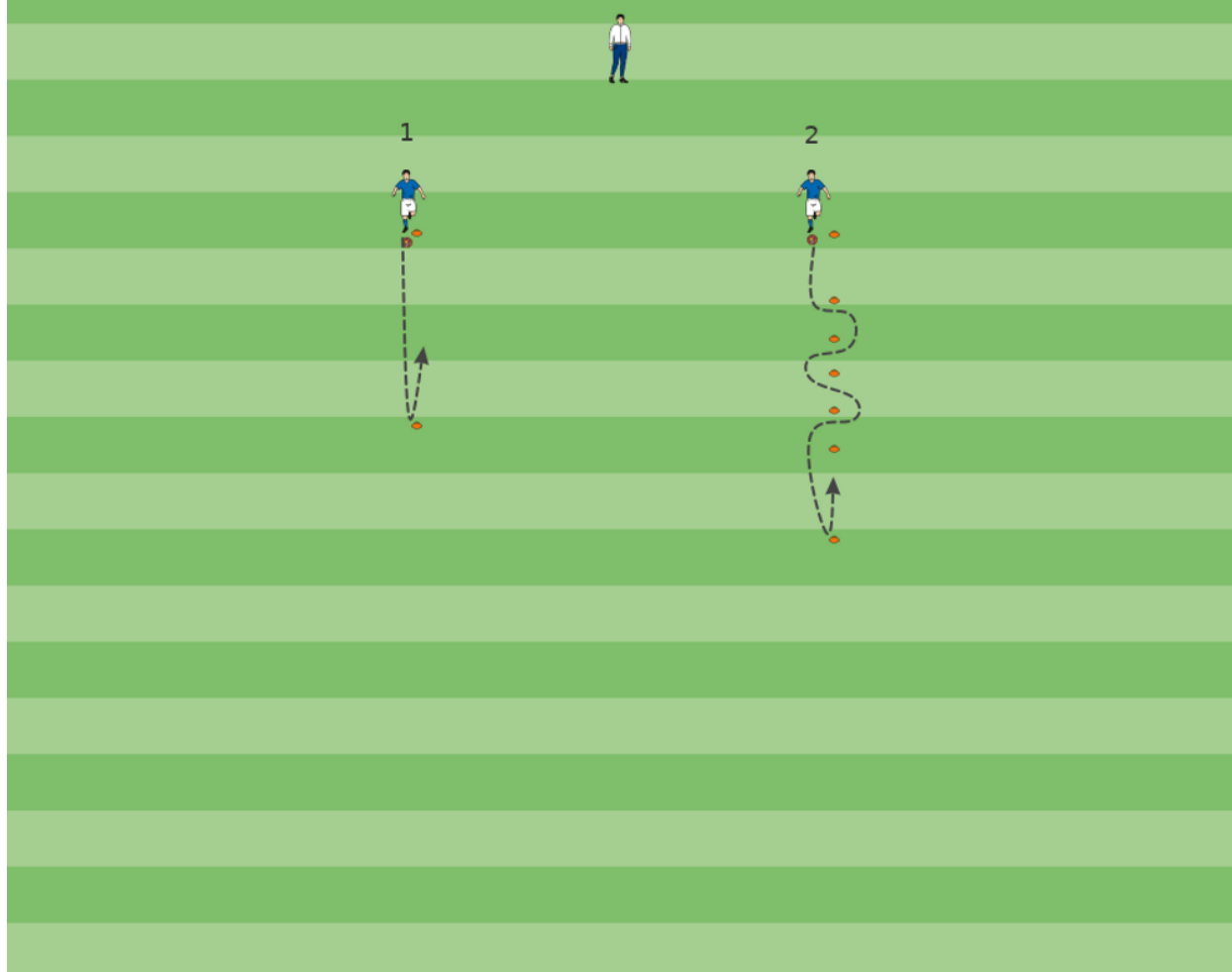


Dribbling and Turns



Organization:

Start with Diagram 1- Have player dribble to the cone in front of them and perform a turn and dribble back to the cone they started at. Place cones 10-15 yards apart

Diagram 2- Place 5 cones in the middle of two cones with about 10 yards between the starting/finishing cones and the 5 cones in the middle. The 5 cones in the middle should be 1 to 2 yards apart from each other

Why:

Improve dribbling in tight space, dribbling in space, turns

Variations:

- Vary the turn
- increase the distance between the first and last cones
- Increase/decrease the distance between middle cones to vary difficulty

Coaching Points:

- When dribbling for speed make quick touches using laces
- Dribble with head up
- Ensure players are using techniques instructed by the coach