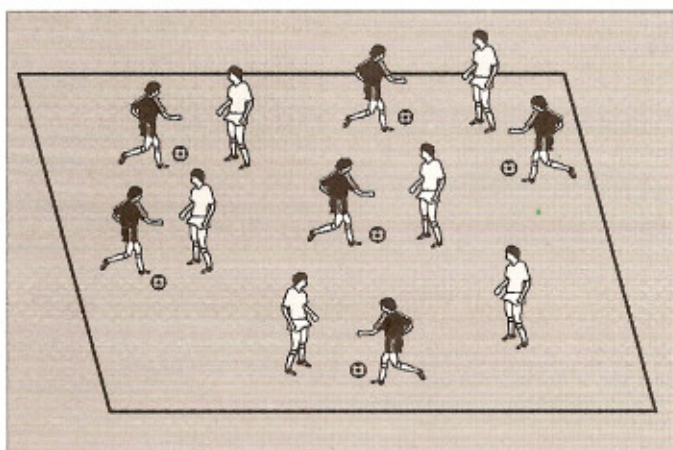


## Session 5 ~ Dribbling

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### 5.1 Dribble tag



#### Organization:

Using a 30 yard square, break the group into six dribblers and six statue players. The six dribblers attempt to go around as many of the statues as possible during a set time period.

#### Progressions:

1. The statues stand so that a ball may be played between their feet. The players dribble around the grid and make passes through the statues feet.
2. Ten players dribble around the grid while two players attempt to tag them. Once tagged, the player becomes a statue and can only move once someone has passed a ball through their feet.
3. All players dribble and try and tag other players, while maintaining control of the ball. A player is out once they have been tagged. A tag does not count if the does not have possession of the ball.

#### Coaching Points:

Get your head up and look around in between touches.  
Keep low to the ground when changing direction.  
Use rapid changes of direction and pace to avoid being tagged.