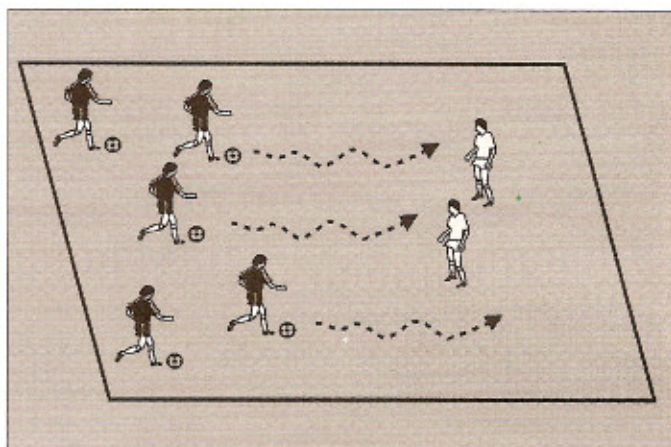


Session 5 ~ Dribbling

5.4 Bull Dogs



Organization:

Two defenders try and prevent the rest of the players from dribbling across the 20 x 30 yard grid. Once a defender tackles a dribbler they kick their ball out of the grid and the dribbler who lost the ball player becomes a defender.

Progressions:

1. For lower level players the defenders must play as crabs, with both their hands and feet on the ground at all times.
2. Progress to allowing defenders to walk or hop and then to no restrictions.
3. Make the defenders dribble the ball back over the start line before they eliminate the player. The offensive players may keep challenging to prevent the defensive players from getting their ball over the start line.

Coaching Points:

Chose when, where and how to dribble based upon the position of the defenders.

Use a change of direction and change of speed to beat them.

FINISH WITH A GAME – REINFORCE THE COACHING POINTS