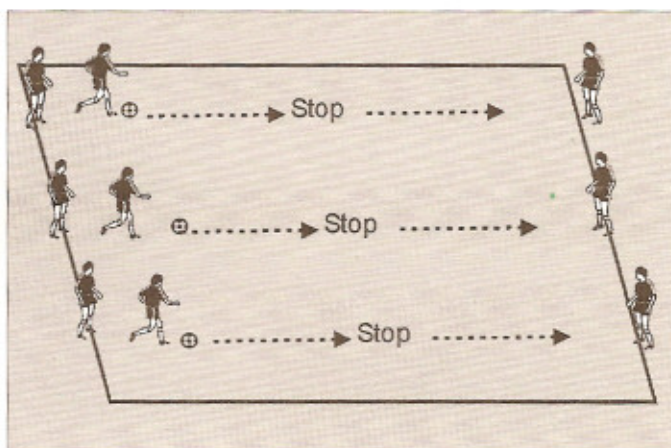


Session 6 ~ Dribbling

6.1 Dribble Stop Dribble



Organization:

Set up the players in groups of three at one end of a 30 x 40 yard grid. The first player in each group will dribble at speed down the entire length of the grid, slowing down and stopping dead at the end line. When they reach the end, the next player begins. Repeat several times.

Progressions:

1. The players must now stop on the half way line for 1 second and then continue on again at speed.
2. The players must now stop the ball twice on each run.
3. The players now pretend to stop on the half way line but continue dribbling at speed.

Coaching Points:

To maintain speed keep pushing the ball 5 yards ahead with the laces of the front foot.

To stop the ball suddenly, shorten the strides, bend your knees, slow down, and plant one foot directly on top of the ball.

To fake the stop, bring your foot above the ball as if you are going to place it on top, but instead quickly bring your foot back behind the ball and push it forward and accelerate away.