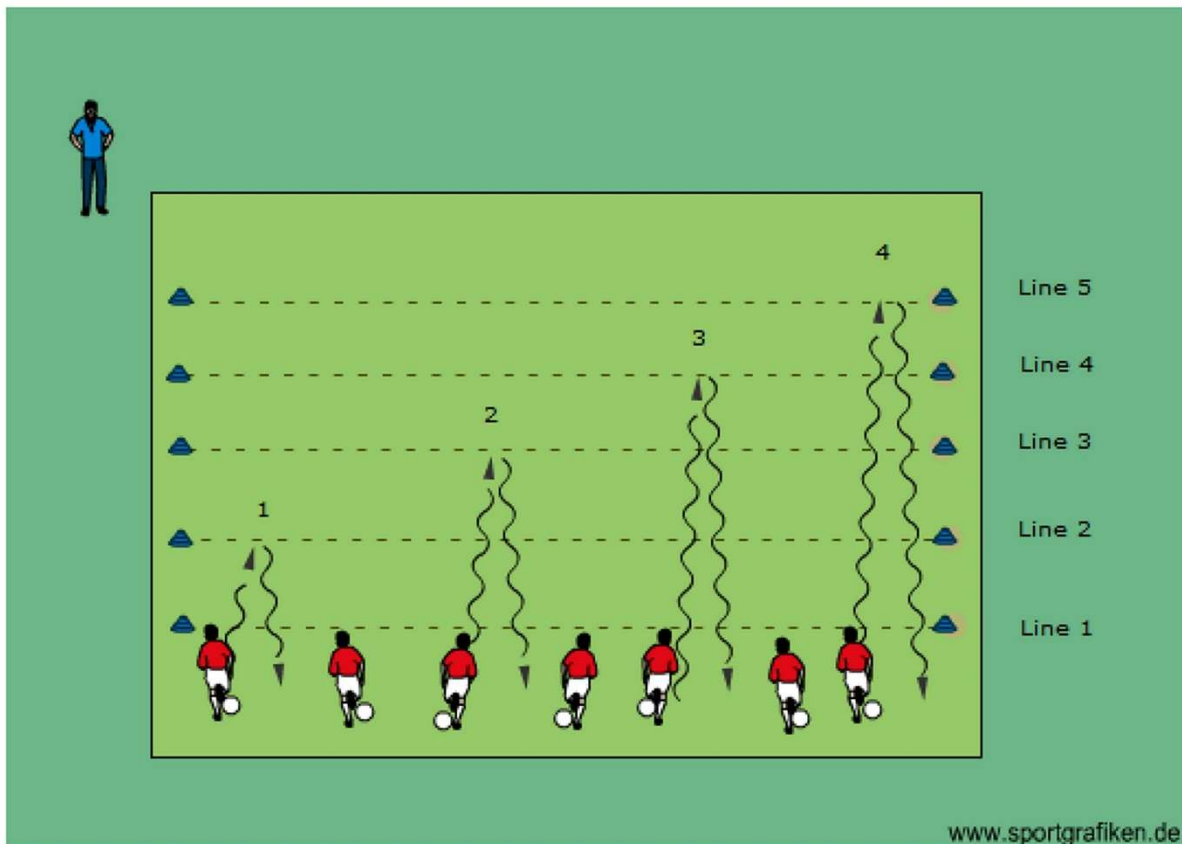


Line Dribble



Line Dribble

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Basic Information

Age Group: 5-Adult

Number of Players: 5+

Difficulty: Easy

Time: 10-15 min.

Emphasis: Dribbling; Ball Control

Field Preparation:

- each player with a ball
- supply of cones

Description:

- all players dribble up to the second line and then return to the first line
- next they dribble up to the third line and return back to the first line
- repeat sequence until all players get back from the furthest line

Variation:

- specify how players must dribble (inside or outside of foot, sole, left or right foot only etc.)
- players must perform specific turn at each line i.e. Cruyff, Step Over
- vary dribbling sequence (1-2-1, 1-3-2, 2-4-3, 2-4-3, 3-5-4, 4 End)

Coaching Points:

- soft touches
- close control
- body mechanics
- agility and balance
- good turns
- head up