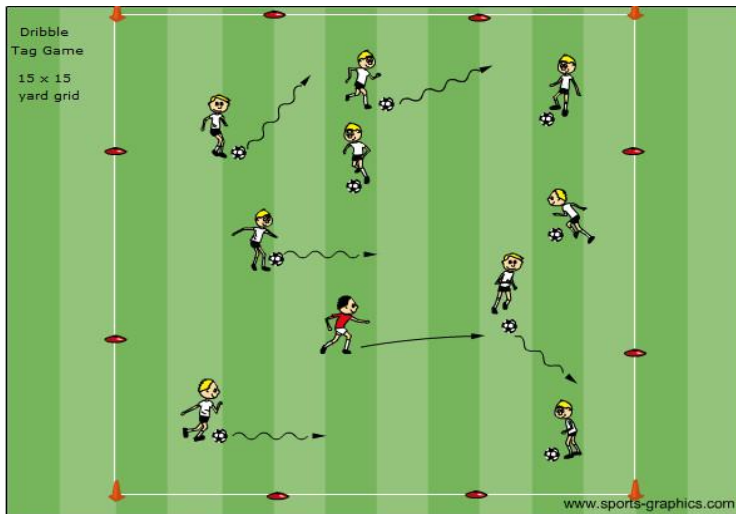




Competitive Dribbling Games 1



Dribbling Game 1-

Set up a 15x15 yard area.

1) Players freely dribble around the area, trying to avoid the tagger. If they are tagged, they must freeze. They can be unfrozen by another player passing a ball between their legs.

Variations-

- Add additional taggers.
- In partners, both players dribbling, one tries to tag the other as many times in 30 seconds, keeping the ball under control.
- Attacking player must run backwards, without a ball, and defending player must try to tag them while dribbling a ball.

Dribbling Game 2-

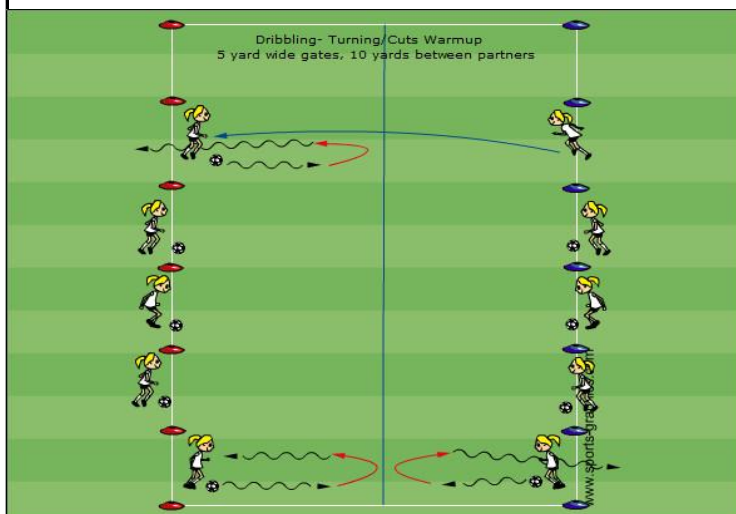
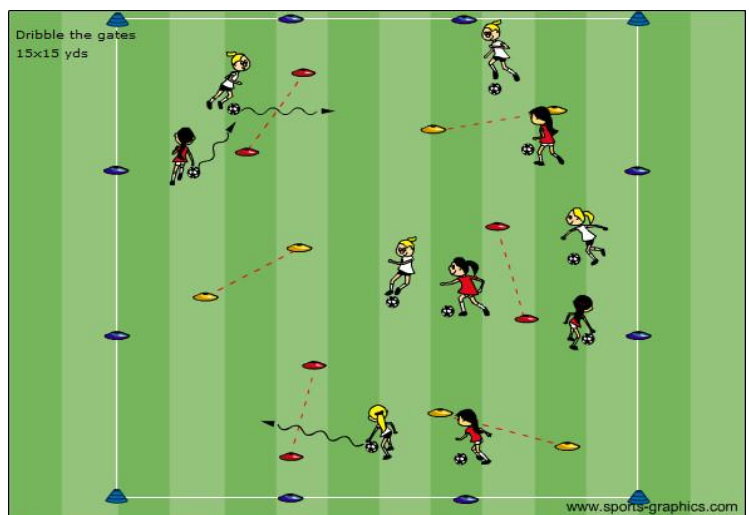
Set up about 6 gates in a 15x15 yard area.

1) All players try to dribble through as many gates as possible in a 30 to 45 second time limit. They keep track of how many gates they were able to get through. On the next turn challenge them to beat their previous score.

2) Players must dribble through all gates once before going through any gate for a second time. Have them run through without a ball once, and then see how close they can get to matching that score by dribbling on the next turn.

Variations-

- Give a specific order to go through.
- Players must perform a turn/cut in the gate for it to count.



Dribbling Game 3-

Set up 5 yard gates on each side of a 10 yard wide area.

1) Partners dribble to the middle at the same time.

When they get to the middle they perform the following turns:

- A) Inside & Outside
- B) Step-on & Spin
- C) Cruyff & Step-over

2) Progress to a 1v1 game. One Partner dribbles to the middle line then performs a turn. The second partner then sprints without a ball to try to tag their partner before they get back to where they started. Then change roles.

(see top of diagram)

Variation-

- Different 1v1 races that use turns/cuts.