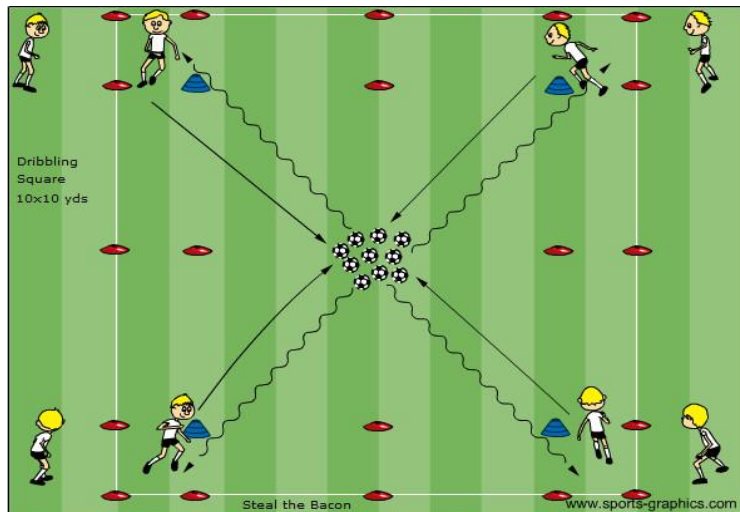




Competitive Dribbling Games 2



Dribbling Game 4-

Make a 10x10 yard area with four 2 yard wide squares in the corners.

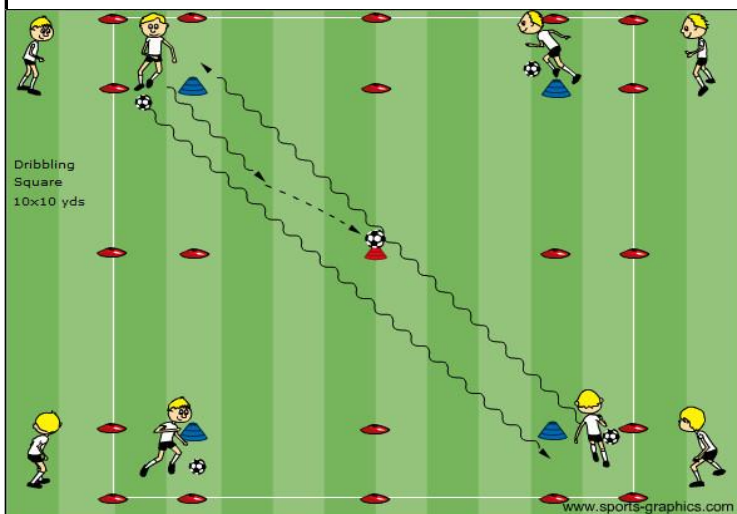
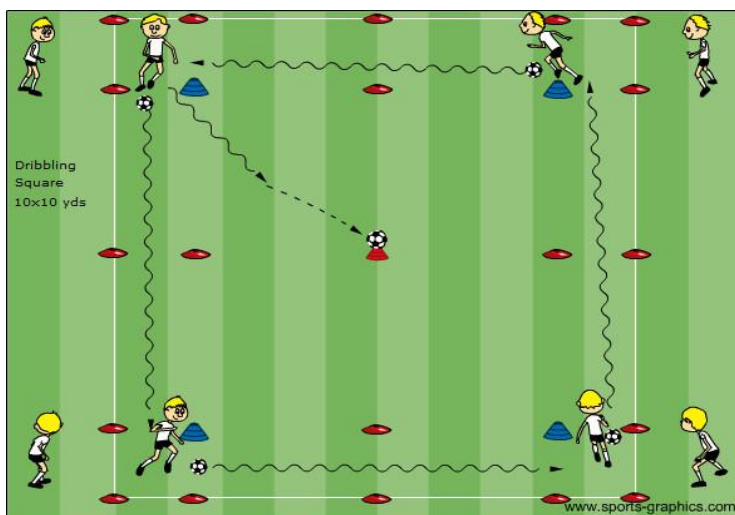
- 1) Place approximately 11 balls in the middle of the square.
- 2) First player in each group starts in their square.
- 3) When the coach yells go, all four players go to the middle and get one ball to dribble back to their square. They must stop the ball in their square, then they can go get another ball.
- 4) The game is over when one player is able to get 4 balls into their square.
- 5) After all the balls are out in the middle, players can then steal one ball at a time from any other players square, until one player has 4 balls in their square.

Dribbling Game 5-

Make a 10x10 yard area as shown in the diagram. Split players into 4 even teams.

- 1) On the coaches signal, the first player in each group try to dribble around the whole square. When they get back to their square again, they must go around their "blue" cone, then try to pass their ball to knock the ball off the cone in the middle of the area.
- 2) First to get around the square and knock the ball off the middle cone gets a point for their team. Then set up the ball again, and the next set of players go, on the coaches signal.
- 3) After a handful of times going one direction, switch directions.

Variation- • Limit players to using only one foot.
• Add a move that players have to do in each corner.



Dribbling Game 6-

^^ Same set-up as above ^^

- 1) On the coaches signal, the first player in each corner race across the middle of the area, and around the opposite "blue" cone. Then they come back across the middle of the area and go around their own "blue" cone, then try to knock the middle ball off by passing their ball to hit it.
- 2) First to knock the ball of the middle cone gets a point.

Variations- • Players must either run to the right or left of the middle cone, or they are disqualified.
• Limit players to using only one foot.
• Players must perform a cut/turn in the opposite corner after going across the area.