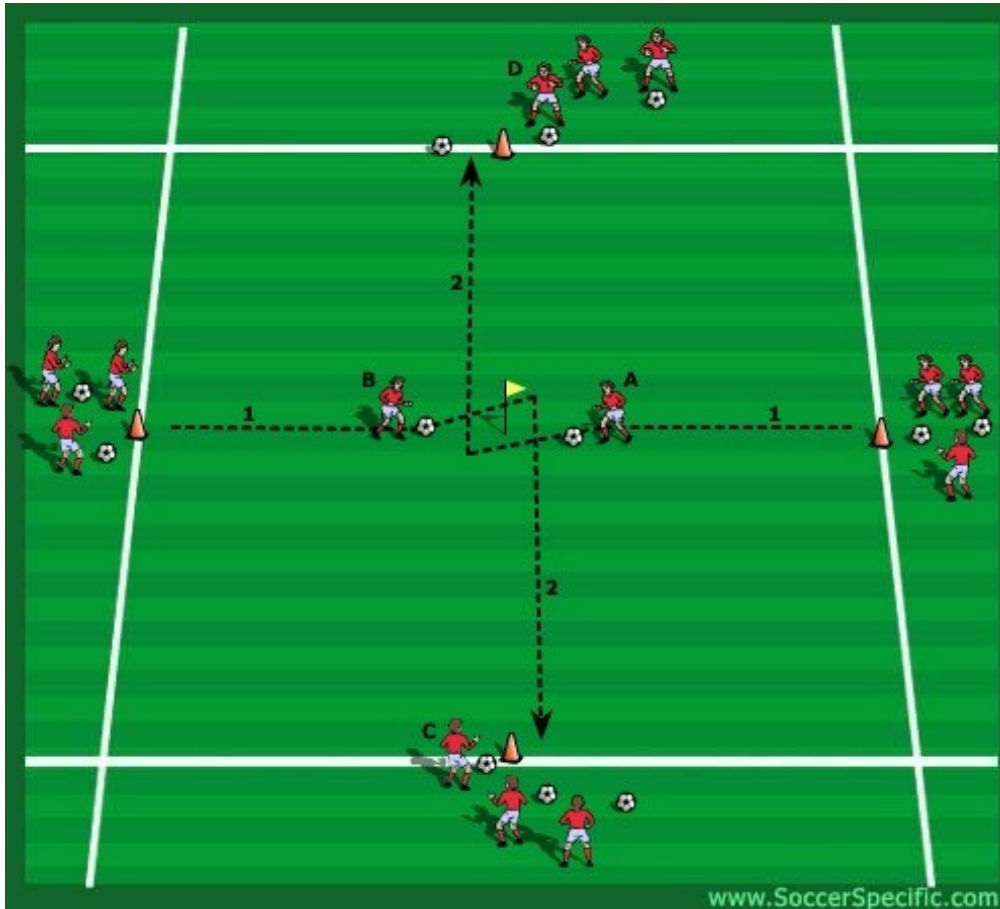


In and Out #1

Emphasis: Dribbling at speed, change of direction, passing.



Set-up:

4 cones placed as shown above with a flag in the middle.

Players are split into 4 groups and positioned at the cones.

Approximately 3-4 balls per group.

Objective:

Players (A) and (B) dribble towards the flag (1) at speed. Approximately 1 yard from the flag both players perform a designated move, take the ball to the left of the flag and take a sharp right turn. They then continue to dribble (2) to the group to the right. Upon reaching the other group players (C) and (D) repeat the sequence. Sequence keeps going for a designated time or number of repetitions. Alternate directions – Go to the right of the flag and take a sharp left turn.

Progressions:

Only use 2 balls for the entire group. After turning around the flag the ball is passed to the next player in line.

Coaching Points:

- Accelerate off the line towards flag.
- Communicate with partner to ensure leaving the starting cone at the same time.
- Sharp turns around flag and accelerate again out of the turn.