

## Learning New Moves

**Emphasis:** Learning new moves from other players as well as the coach.



**Set-up:**

One ball per person. Grid size should be approximately 20 x 20 yards.

**Objective:**

For players to experiment with new moves as well as get comfortable on the ball.

**Progression:**

1. A player is chosen to show his fellow players a favorite move a few times.
2. The player then shows all the players how break the move down.
3. Allow players some time to practice the move.
4. After a few minutes allow a new player the opportunity to show their favorite move.
5. Have players pair up 5 yards apart, alternating dribbling at each other in order to perfect their moves. To build confidence, do not allow the defender to steal the ball until the move has been perfected by each player.

**Coaching Points:**

- Keep close control of the ball
- Don't be afraid to make a mistake
- Listen to teammates explain the move
- Pay attention to the details
- Be explosive