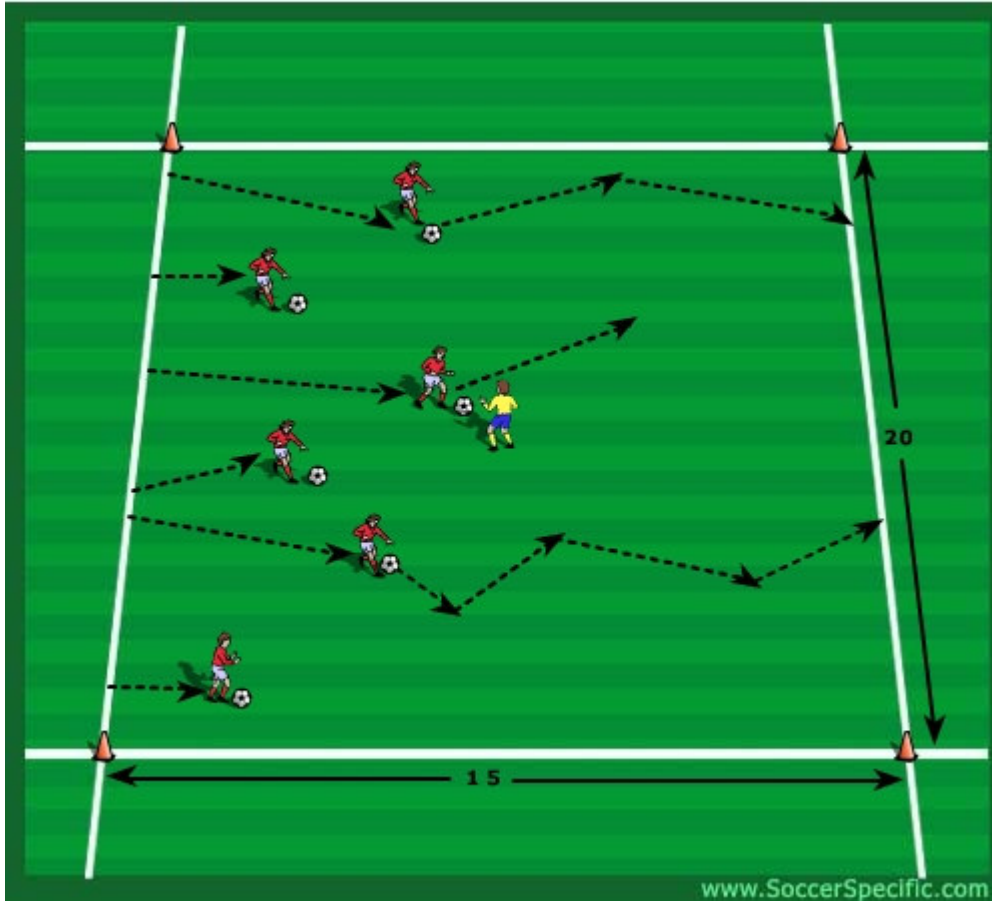


The Dribbling Gauntlet

Emphasis: Speed dribble and cutting the ball.



Set-up:

Make a 20x15 yard grid. One defender, without a ball, stands inside that grid. The rest of your team stands on the longer end line with a ball.

Objective:

Upon the coach's shout, the attacking players dribble at speed to the other side line. If the defender kicks the ball out of the grid, that attacker now becomes an additional defender with out a ball. The last player to make it through the gauntlet wins the game.

Progression:

1. The defender must start 5-10 yards back from the line.
2. Must only dribble with the left foot, right foot....

Coaching Points:

- Keep your head up at all times.
- Dribble away from pressure.