



Drill Name: Protect the Ball

Set up :

10 x 10 yard grid.
Groups of 3-4 per grid.
One ball per player.
Replicate set-up to accommodate the entire team.

Instructions:

All players dribble around grid and try to pass their ball against another player's ball or legs. If a player's ball or legs are struck then this player must exit the grid and practice juggling on the outside of the grid. The last player remaining in the grid is the winner.

Progressions:

Can strike ball only.

Coaching Points:

- Keep head and eyes up to avoid opponents as well as locate targets.
- Changes of speed to get close to opponent prior to passing ball.