



Practice Plan Grades 1 & 2

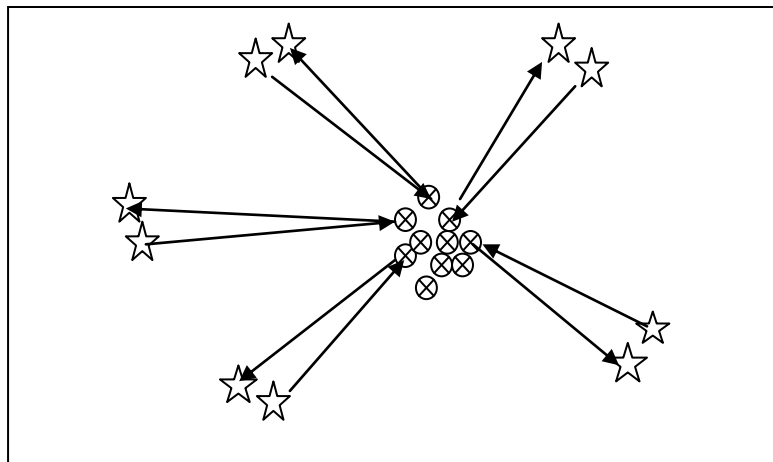
Dribbling

Ball Retrieve

1

Set Up

- Divide players into teams of two.
- Set up teams in a circle.
- Put all balls in the center of the circle.
- One teammate stands with legs apart, the other retrieves balls from the center.
- Balls are retrieved one at a time, dribbled back, and placed through teammates legs.
- First team with two balls through wins.



Coaching Points

- Keep head up (look where you are going).
- Keep ball close.
- Dribble all the way back to teammate.

Progression

- Need three balls through to win.
- Must pull ball from center with bottom of the foot.
- Start with less balls in the center (they will need to take balls from other teams goals).
- Allow teams to defend their balls from being taken.