



Practice Plan Grades 1 & 2

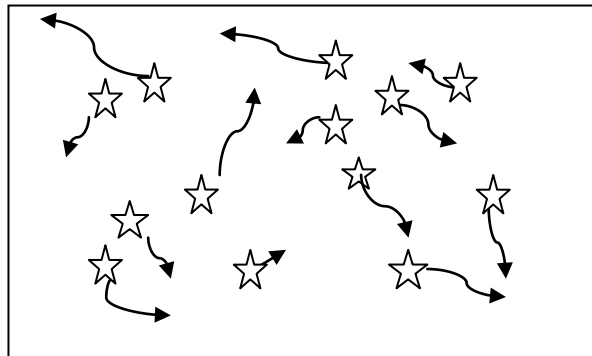
Dribbling

Pinnie Gather

1

Set Up

- All players need a ball.
- Adjust field size depending on number of players and ability.
- Each player tucks a pinnie into their shorts, hanging from the side.
- While dribbling, players try to grab pinnies from other players.
- Gathered pinnies are also tucked into shorts.
- Players cannot defend pinnies from being taken.
- Play for one minute.
- Player that gathers the most pinnies wins.



Coaching Points

- Keep head up (look where you are going).
- Keep ball close.

Progression

- Extend game to two minutes.
- Increase field size.