



## Practice Plan Grades 1 & 2

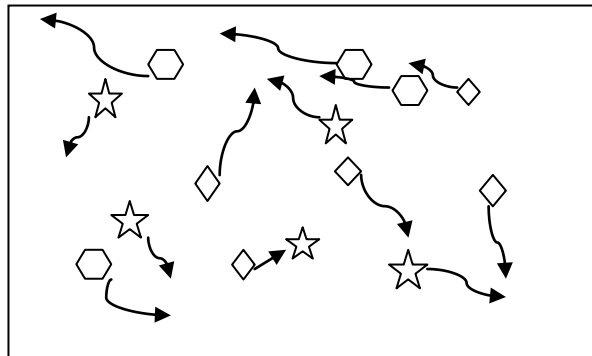
Dribbling

### Tag

1

### Set Up

- Divide players into three equal teams, assign each a color.
- Adjust field size depending on number of players and ability.
- All players start with a ball. One team is “it”.
- Players that are “it” dribble their ball and try to tag opposing players as they dribble.
- The tag must be below the shoulders.
- When players are tagged they are out.
- Play is over when all players are out.
- Assign next team to be “it”.



### Coaching Points

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

### Progression

- Keep time (team that tags everyone the fastest wins).
- Players that are out, do touches on the ball.
- Players that out, dribble through cones.