



## Practice Plan Grades 1 & 2

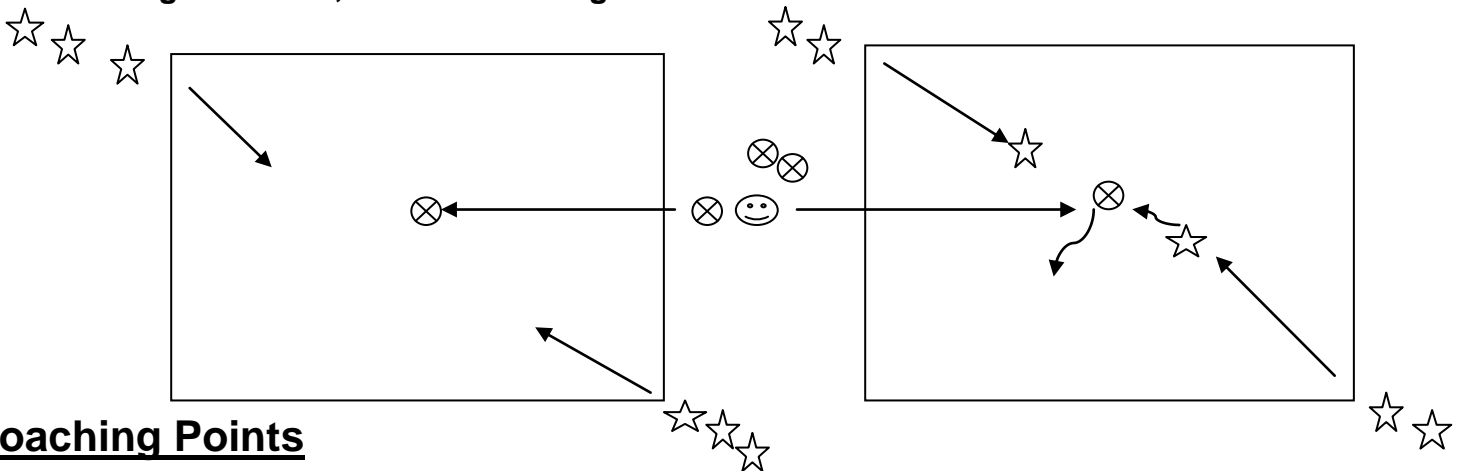
Dribbling

### 1 V 1 No Direction

2

#### Set Up

- Divide players into equal groups.
- Place groups at opposite ends of the field.
- Roll ball from the side to the center of the field.
- One player from each end races to gain control of the ball.
- Player then tries to dribble to any side while being defended.
- Players should switch lines.
- Limit number of players in each line to three or four.
- If using two fields, alternate feeding balls to the center of each field.



#### Coaching Points

- Go strong to the ball.
- Dribble to open space.
- Keep ball close.
- Accelerate once player is beaten.
- 
- **Progression**
- Assign a color to each sideline (place a pinnie) and require players to go to that color.
- Bounce balls into the center.
- Toss balls in the air to the center.