



Practice Plan Grades 1 & 2

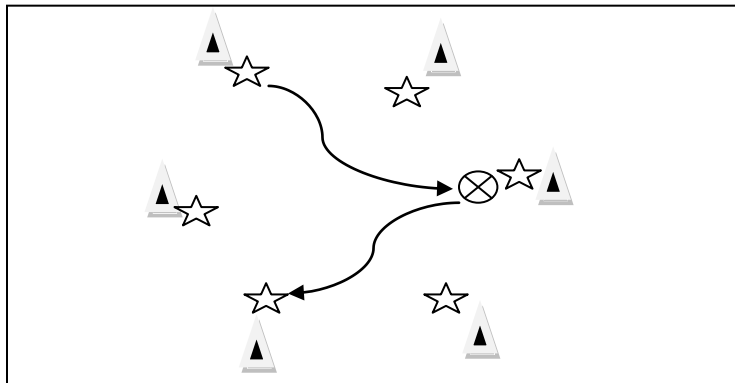
Dribbling

Circle

2

Set Up

- Set up cones in a circle.
- Place a player at each cone.
- Start with one player having a ball.
- Player dribbles across circle to another player and takes his place.
- That player then dribbles across to another.



Coaching Points

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

Progression

- Add cones to the center of the circle to encourage changing direction.
- Add another ball to the activity.
- Add a defender.