



## Practice Plan Grades 1 & 2

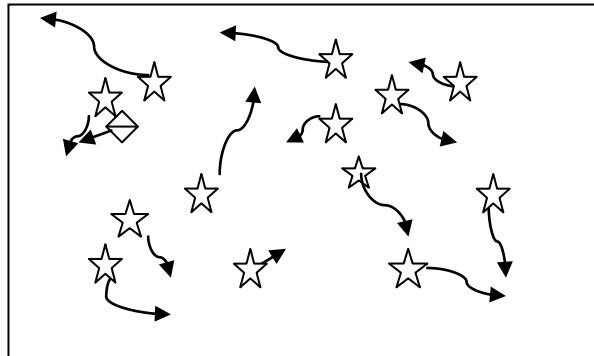
Dribbling

### Group Dribble

3

### Set Up

- All players need a ball except one.
- Adjust field size depending on number of players and ability.
- Players dribble within the field area.
- The player without a ball tries to gain possession of a ball.
- Player must gain possession not just kick the ball away.
- Once ball is taken from a player that player then tries to get another ball.



### Coaching Points

- Keep head up (look where you are going).
- Keep ball close.
- Position your body between ball and defender.

### Progression

- Add defenders by removing balls.