



## Practice Plan Grades 1 & 2

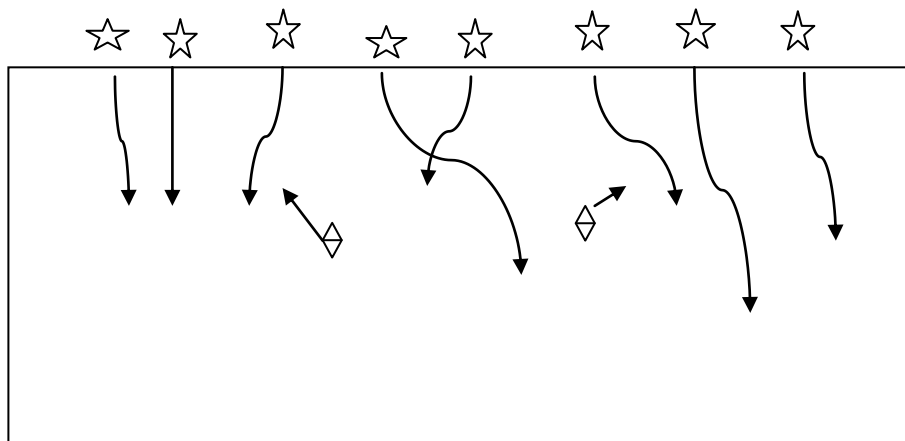
Dribbling

### Stampede

3

#### Set Up

- All players need a ball except two.
- Place all players with a ball on one side of the field.
- Players without a ball are defenders and start in middle of field.
- On the coaches signal, players try to dribble across field to opposite side.
- Defenders try to steal balls from players and clear them to the side.
- Once a player loses ball they become defenders in the next attempt across the field.
- Play back and forth until all players have lost the ball.



#### Coaching Points

- Keep head up (watch where you are going)
- Dribble to open space.
- Keep ball close.
- Accelerate once player is beaten.

#### Progression

- Start with three defenders.
- First players out become defenders in next round.
- Start with four defenders.