

Body Part Dribble

- Played in a confined space (20 x 20 feet)
- Every player has a ball
- All players must stay in motion
- Coach blows the whistle and calls out a body part (knee, ear, elbow, nose, etc)
- Players must stop their ball and touch it with the body part that the coach calls out
- If there is no whistle blown, the players do not stop the ball (Game is like Simon Says)

Skills Learned: Dribbling, awareness of coach, awareness of whistle, boundaries.

Edge Of The Earth

- Every player has a ball
- Players line up on the touchline
- On the whistle, they race to the other touchline
- Object: Stop your ball on the line; if it goes out of bounds, you fall off the edge of the earth

Skills Learned: Dribbling, Speed, Gauging distance needed to secure possession, learning boundaries, and stamina

Freeze Tag

- Played in a confined space (20 x 20 feet)
- The offensive half the players have a ball and are “it”
- Object: The team who is “it” has to “Freeze” the entire other team
- When a ball touches a defensive player below the knee (shin, calf, ankle, shoe) he is frozen
- Each player stands with his or her legs spread apart and arms in the air
- Another team member can “thaw” him, by crawling between his legs
- When a player is between a frozen players legs, they are both SAFE from attack
- As soon as the player emerges, both players are open game
- Drill ends when the offense freezes the entire defense
- Both teams get a chance at offense

Skills Learned: Dribbling while picking your head up, passing, shooting accuracy, strategizing, and awareness of teammates...

Monkey in the Middle

- Played in a confined space (20 x 10 feet) and in groups of three

- **Two players pass to each other with a “monkey” in the middle**
- **When the ‘monkey’ gets the ball, he/she switches places with the player who kicked the ball last**
- **Time this drill for about 5 to 8 minutes**

Skills Learned: Passing & defense