



Drill Name: Musical Dribbling

Set up :

Dribble by Numbers
10 x 10 metre working area

Instructions:

Players moving freely inside the working area without the ball. When the coach calls out a number the players quickly move into groups the size of the number called (E.g. groups of 3 as shown above). Players left out of any group must perform a silly trick to continue.

Progression: 1 ball per player with players dribbling freely in the working area keeping possession of their ball.

Coaching Points:

Let them play!