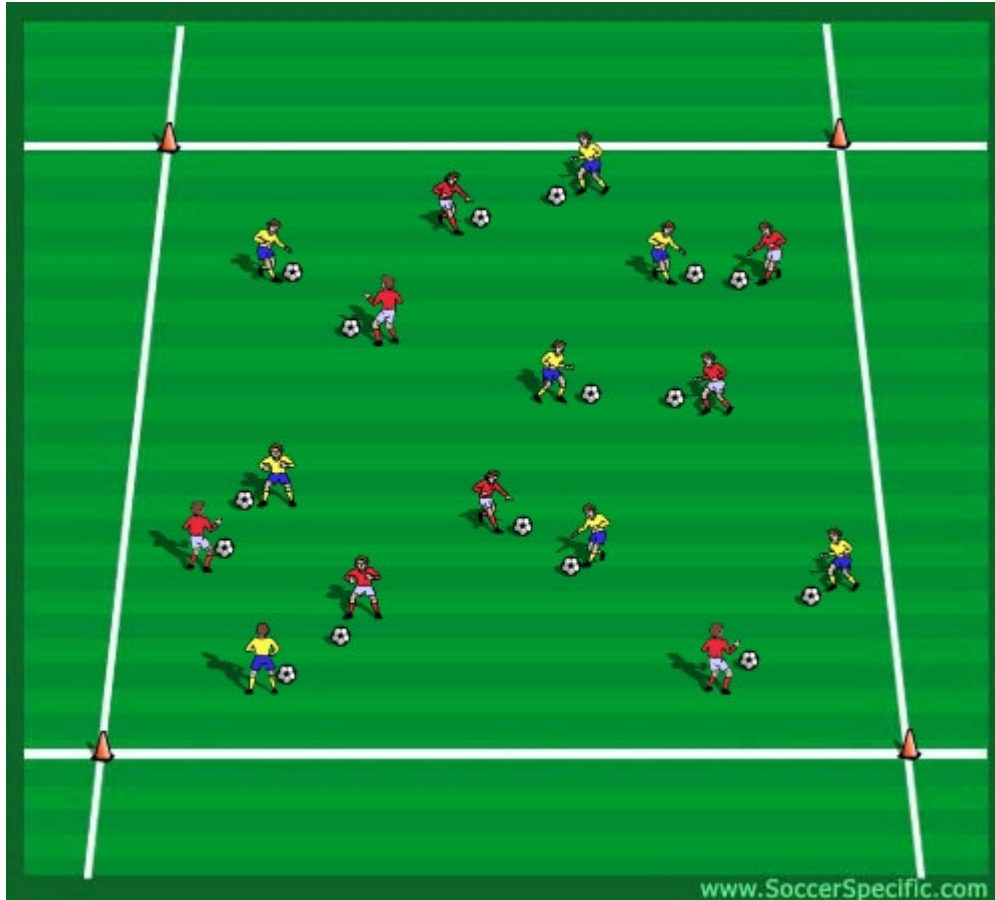


Opposites Attract

Emphasis: Fun game! Dribbling, cutting, change of direction and change of pace.



Set-up:

All players have a ball in a 20 x 20 yard grid.

Progression:

1. Coach has players dribbling randomly in a grided space.
2. As players come within a yard of another player they must put on a move cutting the ball in the opposite direction.
3. Player must turn and explode away from the opposing player while in control of their ball.

Coaching Points:

- Improve vision and field awareness
- Decision making with the ball
- Cutting
- Moves
- Speed dribbling
- Body control
- Quick acceleration