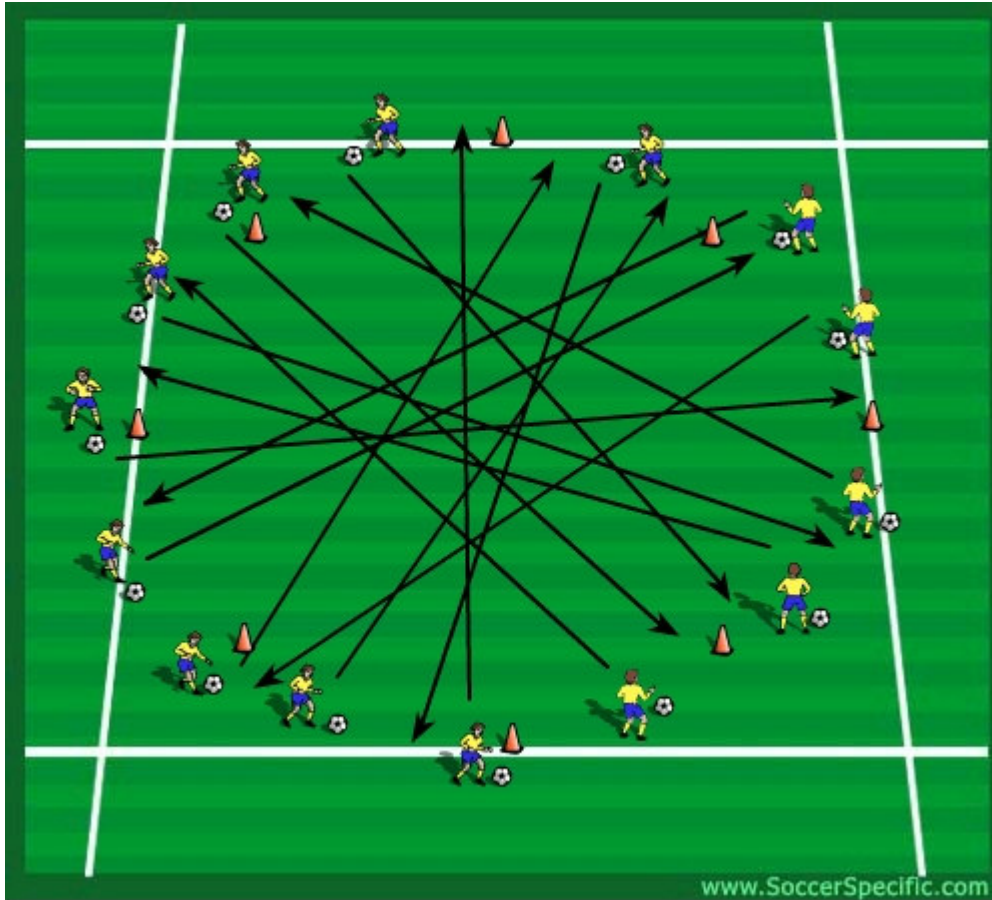


Traffic Jam

Emphasis: Changing direction and changing speeds while maintaining control of the ball.



Set-up:

Each player needs a ball. Grid size should be approximately 20 yards in circumference. Ideally, use the center circle or cones to make the circle.

Objective:

For players to get comfortable on the ball while moving quickly through a congested area.

Progression:

1. All players start off by dribbling around the circle in the same direction.
2. Upon the coaches whistle all players dribble their ball directly across the circle to the opposite side.
3. The coach needs to change direction constantly. When coach says to cut the ball all players will cut the ball through their legs and head in the opposite direction around the circle.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and men
- Keep arms out for balance and shielding
- Find the little space that is available and run through it
- Explode quickly
- Utilize all parts of the foot