

Which Body Part

Emphasis: Confidence on the ball by maintaining control of the ball while changing direction and changing speeds.



Set-up:

Each player dribbles their ball throughout a 15 x 20 yards gridded area. Structure grid size smaller or larger based on the numbers of players present. Ideally you want enough space available to run into as the exercise progresses.

Objective:

To have fun! Players need to be able to change direction and speed. Tight touches are encouraged while maintaining ball control. Players must be able to listen to the coach's instruction as the exercise progresses. Vision is all important as players need to see the open spaces within the grid and move into it or out of it as it fills up.

Progression:

1. The coach will call out a specific part of the body. As he does, the player will stop their ball with that part of the body.
2. Utilize the heel, sole, laces, toe, outside of the foot, thighs, rear, stomach, elbows, shoulders, forehead and anything else that may be appropriate.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and space
- Keep arms out for balance
- Avoid running into each other
- Develop a comfort level between the ball and the player