

## Close Control

**Emphasis:** Dribbling



**Set-up:**

20 x 30 yard grid. One ball for each player. 12-18 players.

**Objective:**

Coach will use 3 commands: 1) Green, 2) Red, 3) any body part. On “green” command all players must dribble around grid using all the surfaces of their feet. On “red” command all players must stop where they are and begin juggling the ball with their feet. If coach calls out a body part such as “elbow” then players must stop the ball with that part of their body. Last player to stop ball must perform 5 jumping jacks before returning to the game.

**Coaching Points:**

- Push the ball out in front of you.
- Keep head and eyes up to avoid collisions.
- Stay in control of your ball so that you can quickly follow coaches commands.