



Drill Name: Running with the Ball 2

Set up :

Possession Development: Running with the Ball through zones. 30 x 30 yard area. Players in middle zone with a ball each. 2 balls in each end zone.

Instructions:

Players in middle zone dribbling anywhere in their zone. Players in end zones pass & support in their zone looking for a gap to run the ball through into the opposite end zone.

Coaching Points:

Message in pass, Awareness (check shoulders), Big touch, Head up, Change of pace