

Set them Free

Emphasis: Dribbling for Possession.



Set-up:

20 x 20 yard grid. 12-18 players. Two sets of colored bibs.

Objective:

2 Players must wear colored bibs. On the coach's command these players pursue all other players who are dribbling freely inside grid. If one of the "chasers" touches a player's ball then that player must freeze in that spot with the ball above their head and their legs apart. A player can only be "unfrozen" by another player dribbling a ball through their legs. After a designated time (approx 1min) count how many players are frozen. Allow all players to have a chance at being a chaser.

Progressions:

Increase the number of chasers.

Coaching Points:

- Quick changes of direction and speed are essential to avoid "chasers"
- Keep head up to detect oncoming opponents.
- Encourage accelerations to escape from opponents.