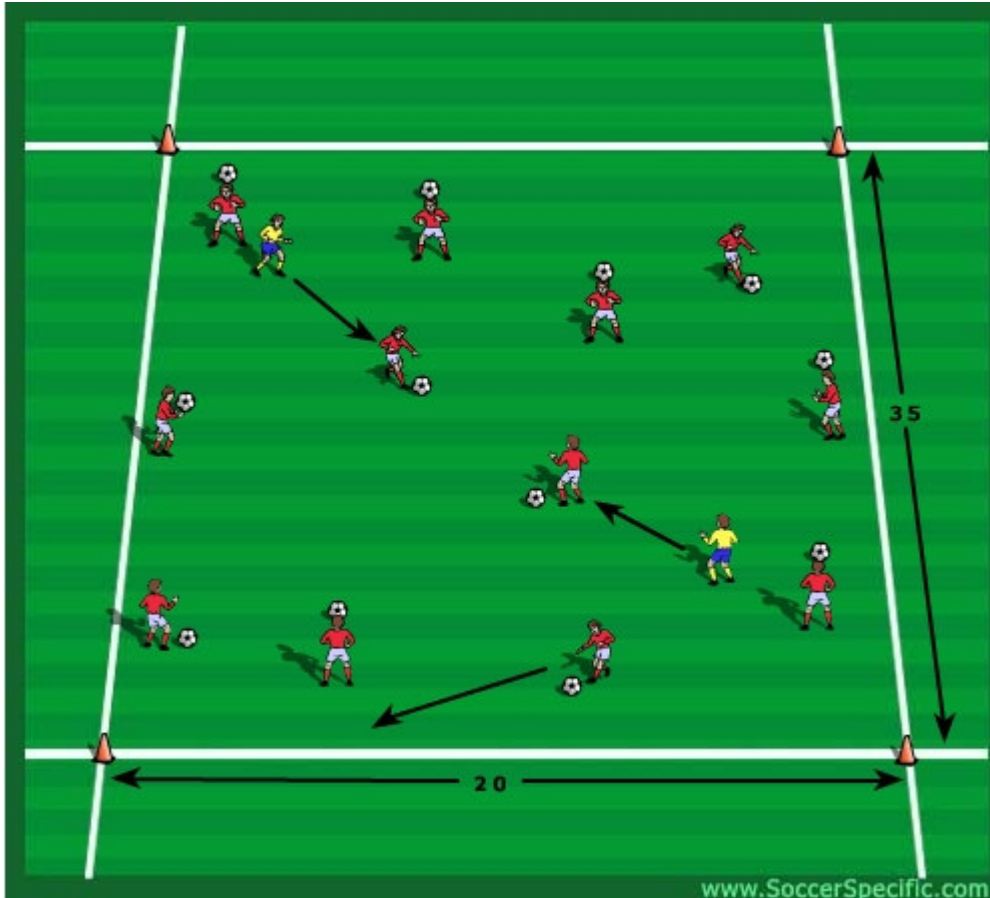


Statue Tag

Emphasis: Dribbling



Set-up:

12 players, each with a ball, try and avoid two defenders in a 20x35 yard grid.

Objective:

If one of the 12 players is tagged by a defender or if their ball is forced out of the grid, they become a statue. They hold the ball over their head keeping their legs spread apart. The statue may join back in if another attacker dribbles their ball through the statue's legs. Play for 2 minutes and change the roles of the players.

Progression:

1. The statue must do 10 push-ups and then hold the ball above their head.
2. Increase the amount of time working.

Coaching Points:

- Keep your head up at all times.
- Dribble away from pressure.