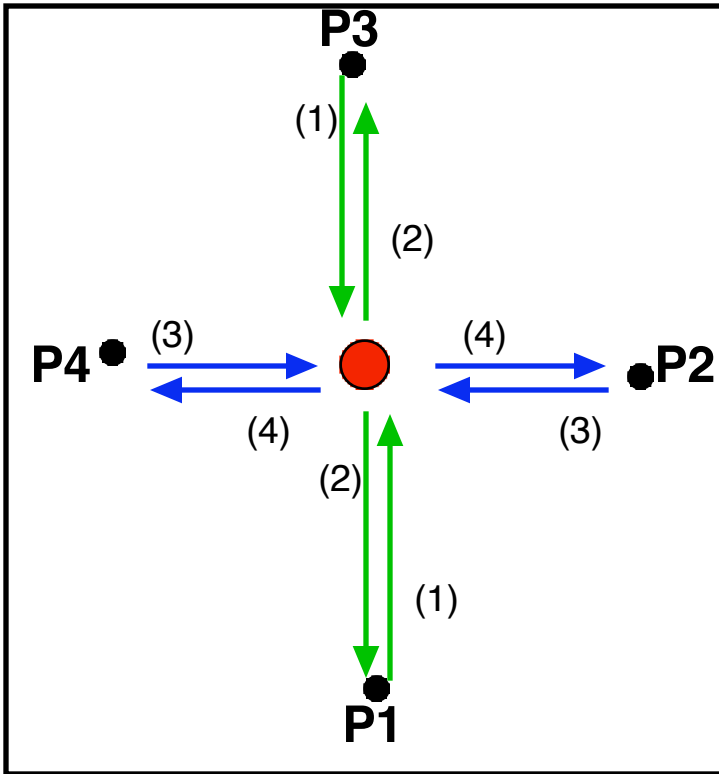


TECHNICAL: Dribbling/Warmup

Choreograph To The Center Cone

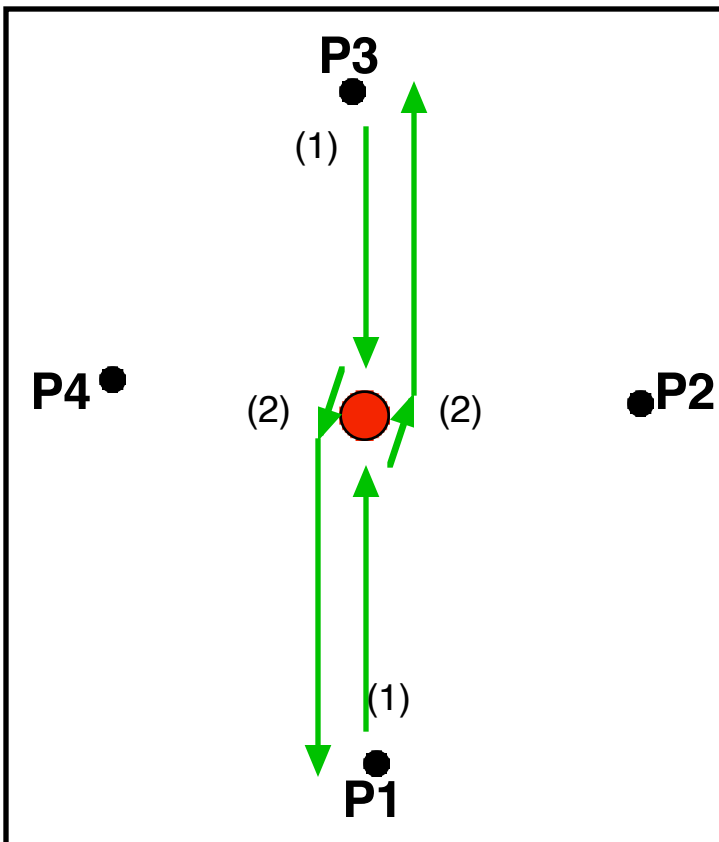


PHASE I

- (1) Players #1 and #3 dribble toward the Center Red Cone
- (2) Each player performs a "pull-back" and then dribble back to start cone
- (3) As soon as Players #1 and #3 return to start cone, Players #2 and #4 dribble toward Center Red Cone
- (4) Perform "pull-back and dribble back to start cone"

COACHING POINTS

- > the dribbling should be organized or "choreographed"
- > proper "pull-back" technique



PHASE II

- (1) Same as above with Players #1 and #3 dribble toward Center Red Cone
- (2) Now, instead of performing a "pull-back", each player uses a "Side-Step" or "Matthews" move (dipping left shoulder and feigning a move to the left, then taking the ball away with the outside of the right foot to to the right)
- (3) Players #2 and #4 do same
- (4) same as (2)