

## Warm Up Activity - #12 / Dribble Across And Out Of The Area.

Start Game – 15 Minutes

### Organisation/ Explanation

- Playing Area: 20m x 20m.
- Spread the players out and around the playing area.
- Have two or three balls working simultaneously.
- The players must dribble into the middle square.
- Players must then complete a change in direction, a turn or a skill and then dribble out of the area to a teammate.
- The practice is repeated for a set time period.

### Coaching Remarks

- Encourage players to attack the central square quickly and get away with pace.
- Encourage player to keep their head up
- Concentrate on using both feet.

### Diagram

