

Warm Up Activity - #4 / Dribble and Avoid the Pass

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- Arrange players into two teams.
- One team act as the dribblers and works inside the playing area.
- The other team on the outside of the playing area have four balls between them. These are the passers.
- The dribblers must be constantly on the move and trying to avoid being hit by a pass from the outside players.
- If one of the dribbling players is hit by a pass they are out of the game.
- The passing players must pass below the knee height or the pass does not count.

The game is scored in two ways.

- The last player dribbling is the winner or
- How long does it take the passers to get all the dribbling players out of the game.

Coaching Remarks

- Encourage players to get their head up.
- Encourage players to keep moving.
- Encourage players to keep the ball close.

Diagram

