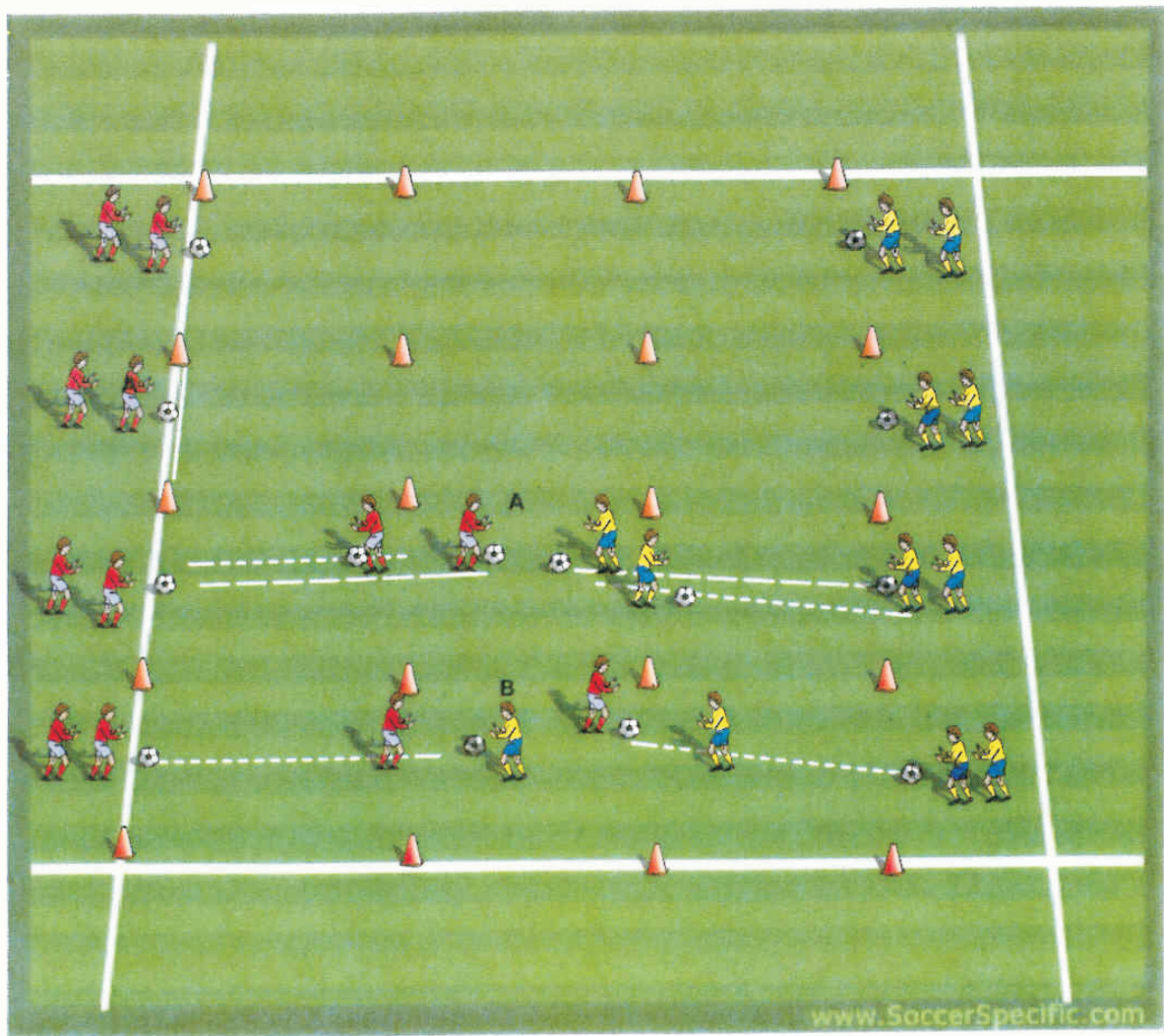


Communication Race



Purpose: Dribbling, focusing on opposed turning with the ball

Organization

1. Begin by dribbling to middle and perform high five
2. Next the players dribble to the middle and perform a turn called out by the coach

Coaching Points

1. Slow into turn
2. Keep the ball close
3. Bend the knees
4. Turn to go in the other direction, get the ball out of the feet
5. Accelerate away from the defender