



Grid Work  
Dribbling Race (4v4)

First player in each team dribbles close to the middle and then stops the ball.  
Players then leave their ball and takes the persons ball opposite to them and dribbles through all the way to the other side  
This process continues until all players are back to where they started from.  
Winning team is the first team back with the balls under control

Coaching Points  
Communication  
Keep ball close  
Keep head up so you know when to stop the ball  
Explode into the space when you swap balls