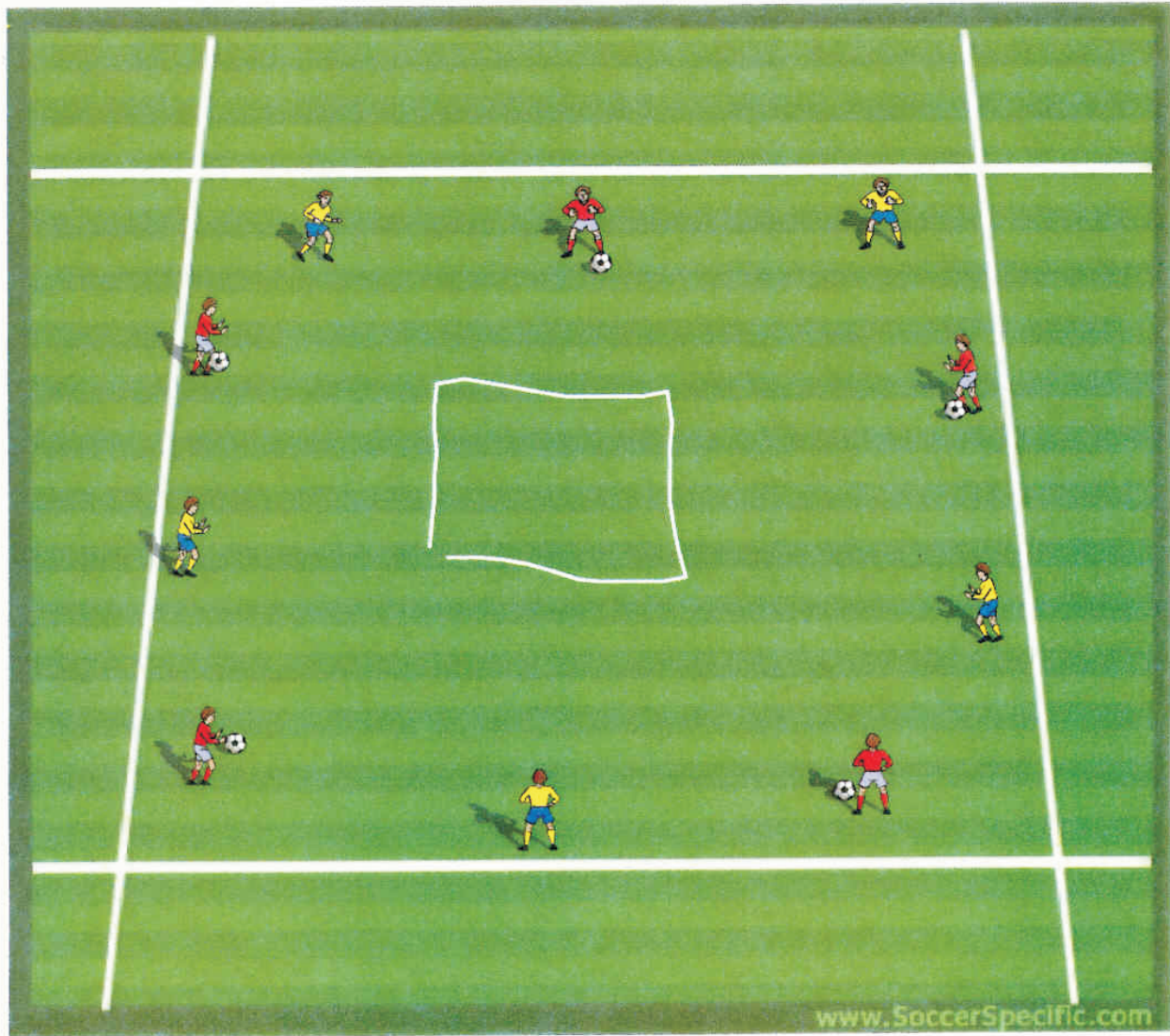


## Warm Up 2



**Purpose:** Dribbling technique

### **Organization**

1. Player with the ball must dribble through the middle and passes off to a player without a ball
2. Ensure players use both feet
3. Ensure both players cut ball with inside and outside of foot
4. Work on change of speed, slow into the square, fast out
5. Work on turns, dribble to middle of square, perform a turn, back to the end line, perform another turn and dribble off to someone else

### **Coaching Points**

1. Head up
2. Keep the ball close
3. Turns - slow in and fast out to accelerate away from defender