

## Which Body Part

**Emphasis:** Confidence on the ball by maintaining control of the ball while changing direction and changing speeds.



### Set-up:

Each player dribbles their ball throughout a 15 x 20 yards gridded area. Structure grid size smaller or larger based on the numbers of players present. Ideally you want enough space available to run into as the exercise progresses.

### Objective:

To have fun! Players need to be able to change direction and speed. Tight touches are encouraged while maintaining ball control. Players must be able to listen to the coach's instruction as the exercise progresses. Vision is all important as players need to see the open spaces within the grid and move into it or out of it as it fills up.

### Progression:

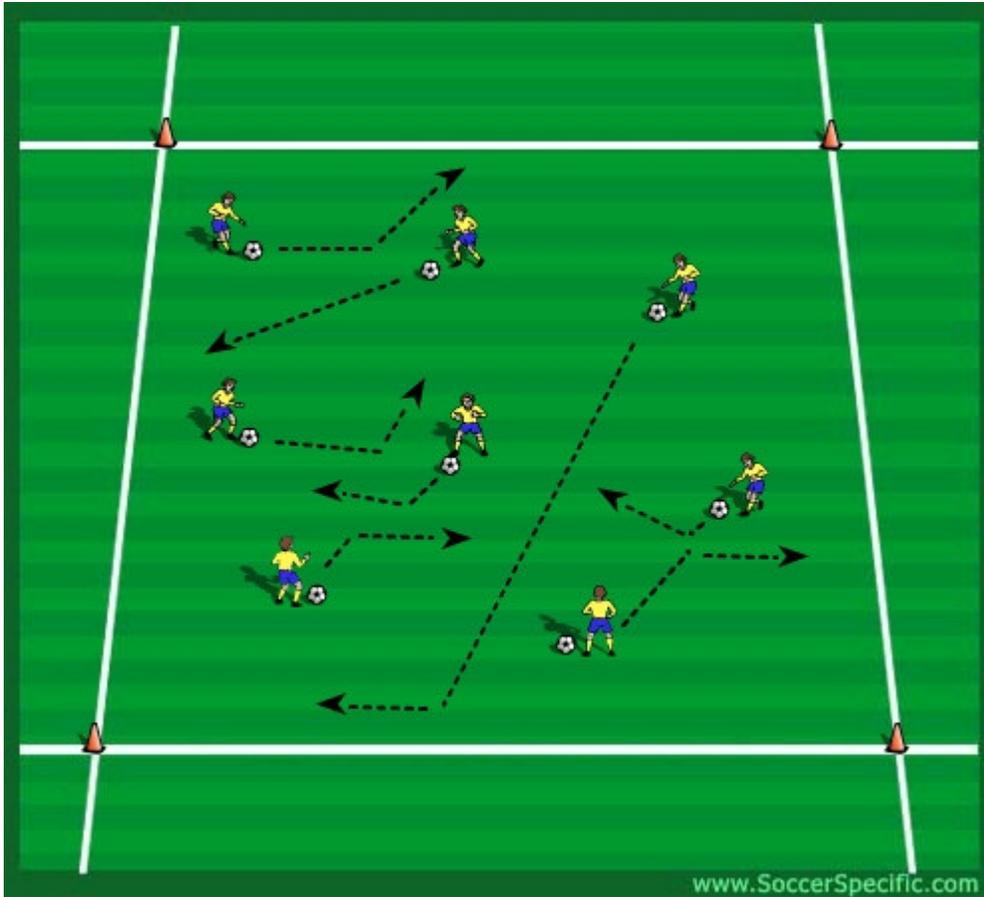
1. The coach will call out a specific part of the body. As he does, the player will stop their ball with that part of the body.
2. Utilize the heel, sole, laces, toe, outside of the foot, thighs, rear, stomach, elbows, shoulders, forehead and anything else that may be appropriate.

### Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and space
- Keep arms out for balance
- Avoid running into each other
- Develop a comfort level between the ball and the player

## Terminator Tag

**Emphasis:** Confidence on the ball while gaining touches.



### Set-up:

Each player dribbles their ball throughout a 15 x 20 yard grided area. Structure grid size smaller or larger based on the number of players present. Ideally you want players to have spaces available to run into as the exercise progresses.

### Objective:

Fun! This allows for change of direction, tight touches and a change of speed. This forces players to dribble with their eyes up seeing the ball and the open spaces around them as they maneuver through the tight spaces.

### Progression:

1. Players try to tag the other players within the grid.
2. Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others.
3. As the player is tagged a second time, they must continue dribbling while holding both tagged areas.
4. When the player is tagged a third time, they move to the outside of the grid and completes an exercise before rejoining the group. Example: 5 juggles or ball taps.

### Coaching Points:

- Keep the ball tight to the foot
- Eyes up seeing ball
- Avoid running into each other
- Be deceptive – try and sneak up on players from behind
- Utilize the outside of the feet, pushing the ball away from the opposition
- Lower your center of gravity

## Knock It Out

**Emphasis:** Changing direction and changing speeds while maintaining control of the ball.



**Set-up:**

One ball per person. Grid size should be approximately 20 x 20 yards.

**Objective:**

Fun!  
For players to get comfortable on the ball while moving with the ball.

**Progression:**

1. Each player wants to kick the other players' ball out of the grid.
2. Players may not leave their ball to go kick out another ball. They must remain within one yard of their own ball.
3. Once a player has had their ball kick out of the grid, they must retrieve it and do some kind of skill work before re-entering the grid. Example: juggling or ball touches.
4. If a player sprints after their ball and gets to it before it stops then they get to come into the grid immediately.

**Coaching Points:**

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance and shielding
- Find the space to move into
- Be strong in the tackle
- Be determined to hold onto your ball