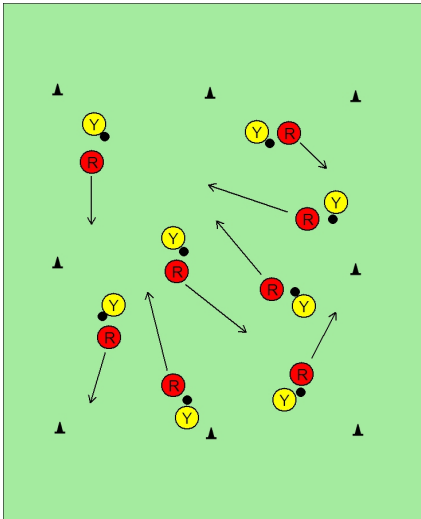




Dribble pursuit

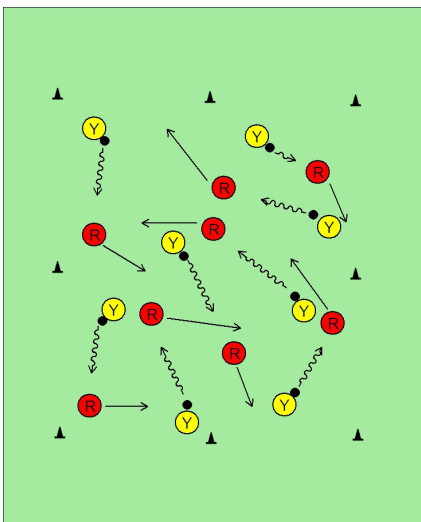


How it works

Players stand in pairs within a large playing area.

Every yellow player has a ball at their feet.

On a signal from the coach, the red players run away from their yellow partner to try and get as far away from them as possible, but must stay within the playing area.

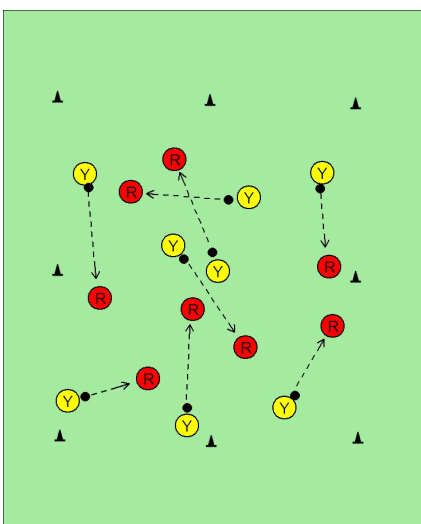


Yellow players must dribble the ball and stay as close to their partner as possible.

All players must keep their heads up to avoid collisions and watch out for their partners.

Red players can use other players in the grid as a screen/ obstruction to make it harder for their partner to follow.

After 20/30 seconds the coach gives another signal and all the players must stop as quickly as possible. (Try to do this when the players are fairly well spread out).



Move players back if they continue running after the signal. The red players then turn to face their partners and spread their legs so that they are wide open.

The yellow players must try to pass the ball between their partner's legs, so the closer they are the better. (This may need to be done one pair at a time because sometimes, as shown in the diagram, the path of the passes may cross each other). Yellow players get three points for passing the ball through the red player's legs and one point if the ball hits the leg of the red player.

Players stand back together and swap roles so that the red players are now pursuing the yellow players. Play several rounds and keep a running total of scores, partner v partner or red team v yellow team.