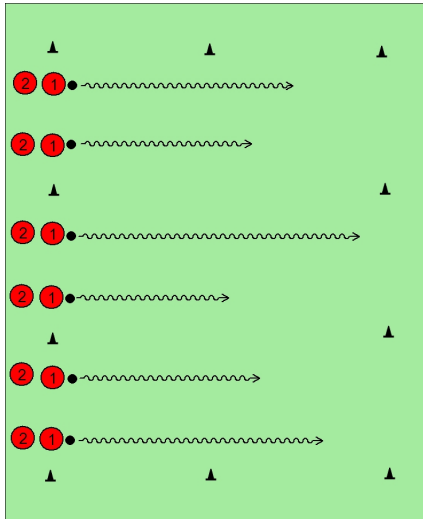




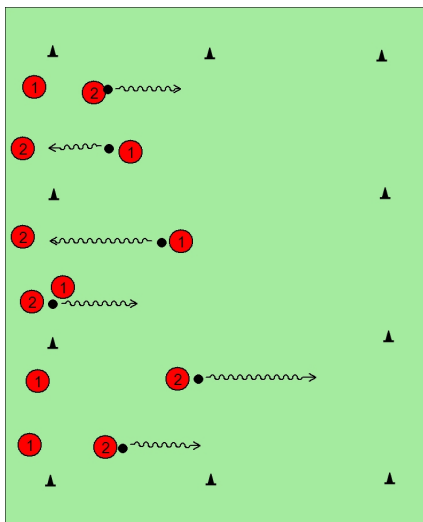
Body parts dribble



How it works

Pairs of players start at one side of a large playing area.

Player 1s dribble the ball out to the far side of the playing area and perform a turn before dribbling back to stop the ball on the starting line for their partner.

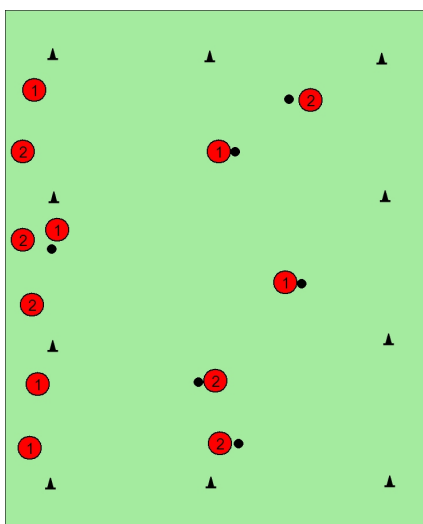


Player 2s then repeat this performing the same turn.

After a few turns for each player the coach can demonstrate a different type of turn for the players to perform. The players repeat this dribble and turn sequence using the new turning technique.

Turning techniques could include:

- drag back turn
- inside/outside of the foot cut
- Cruyff turn



As players continue, the coach can then shout out body parts and whoever is dribbling the ball at that time has to stop and place that body part on the ball as quickly as possible. Make sure players use their feet to stop the ball and not their hands.

On a signal from the coach, players then carry on.

Possible changes

Players could stop the ball level with the middle cone on the way back to their partner and pass.