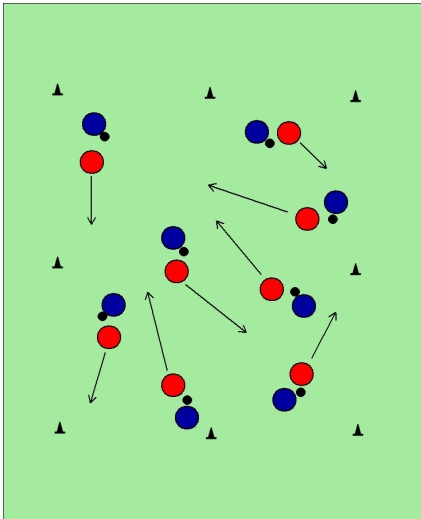




Dribble pursuit



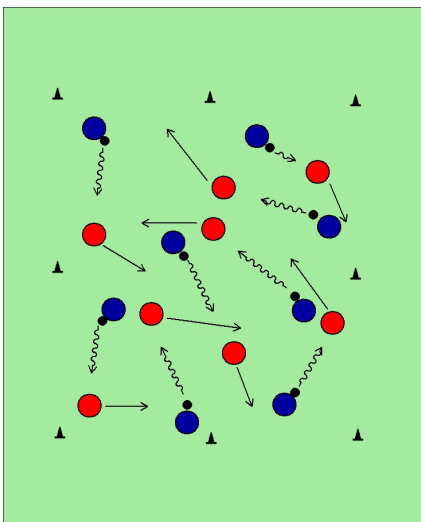
How it works

Players stand in pairs within a large playing area.

Blue player has a ball at their feet.

On a signal from the coach the red players run away from their blue partner to try and get as far away from them as possible.

They must stay within the playing area.

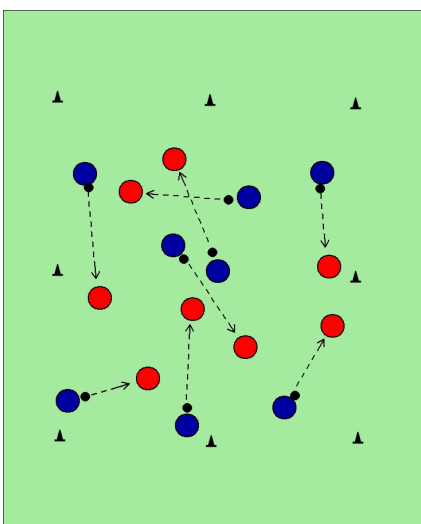


Blue players must dribble the ball and stay as close to their partner as possible.

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

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 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.

Red players turn to face their partners and spread their legs so that they are wide open.

Blue player 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.

Blue players get 3 points for passing the ball through the red players legs and 1 point if the ball hits the leg of the red player.

Players stand back together and swap roles so that the red players are pursuing the blue players.

Play several rounds and keep a running total of scores - partner v partner or red team v blue team.