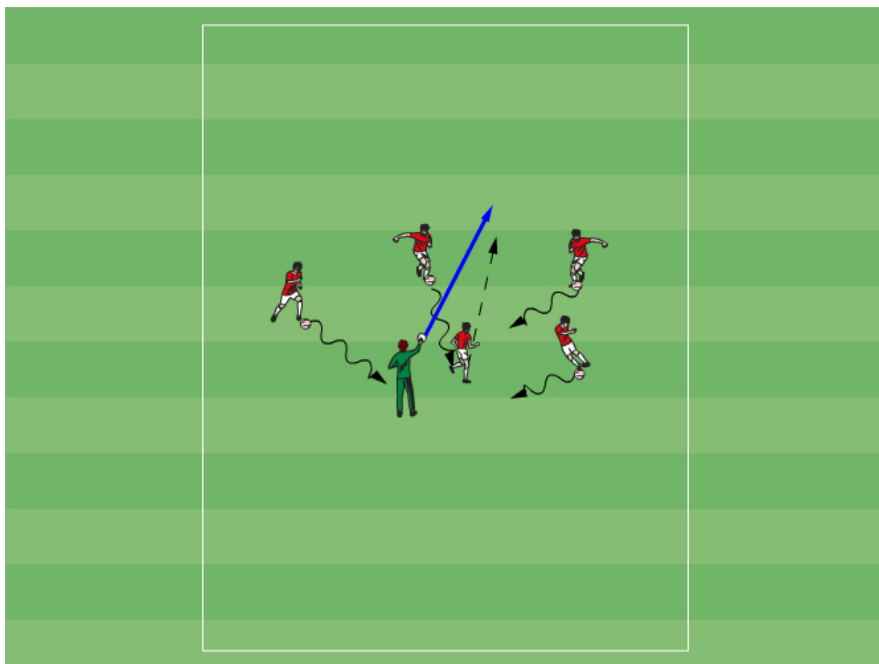




TRAINING EXERCISE

Back To Coach



Objective


To prepare players for athletic movement. Agility, Coordination, Balance To introduce dribbling with the head up. To introduce running with the ball.

Description

Each player has a ball. Coach stands in the middle of a playing area. One at a time each player hands their ball to the coach. The coach tosses the ball out and then has the players bring the ball using a variety of ways to move the ball. . Example: Run, pick up the ball and skip back to coach, Run pick up the ball and hop back to coach. Progress to having the players dribbling the ball back to the coach.

Coaching Points

Head up to find the coach. Being aware of other players. When dribbling back to the coach, can you use your laces or pinky toe when running with the ball.

 **Running with the Ball**
Dribbling
Turning
Coordination & Balance
Agility
Basic Motor Skills
Perception & Awareness

 **U5 to U8**

 **12 Players**

 **Ball for each player. Space marked out by cones.**

 **Intensity: 3**

 **00:08 min**
(4 x 01:00 min, 01:00 min rest)