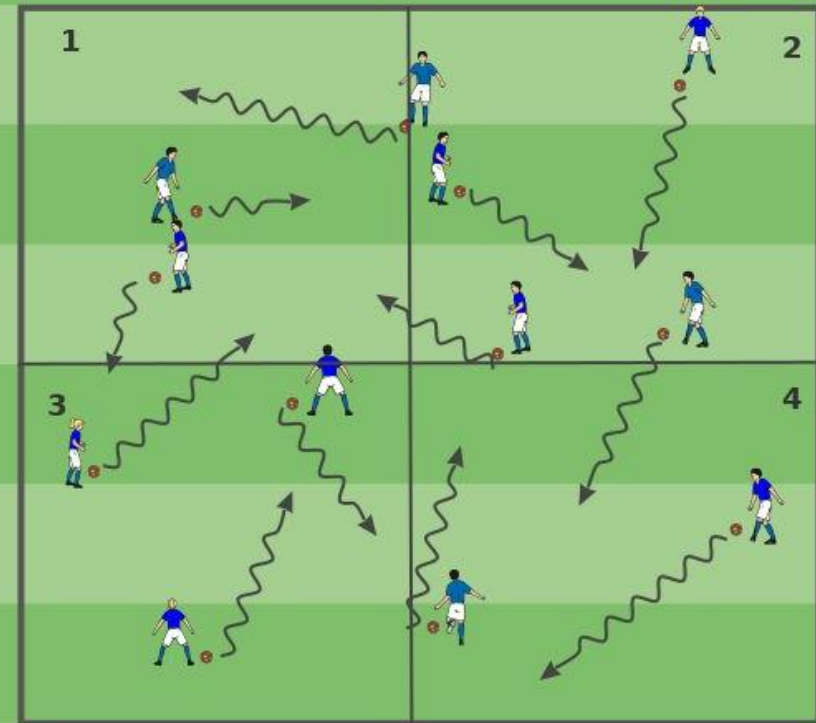


All Dribble - Ball and Footwork Moves and Quickness

Set Up

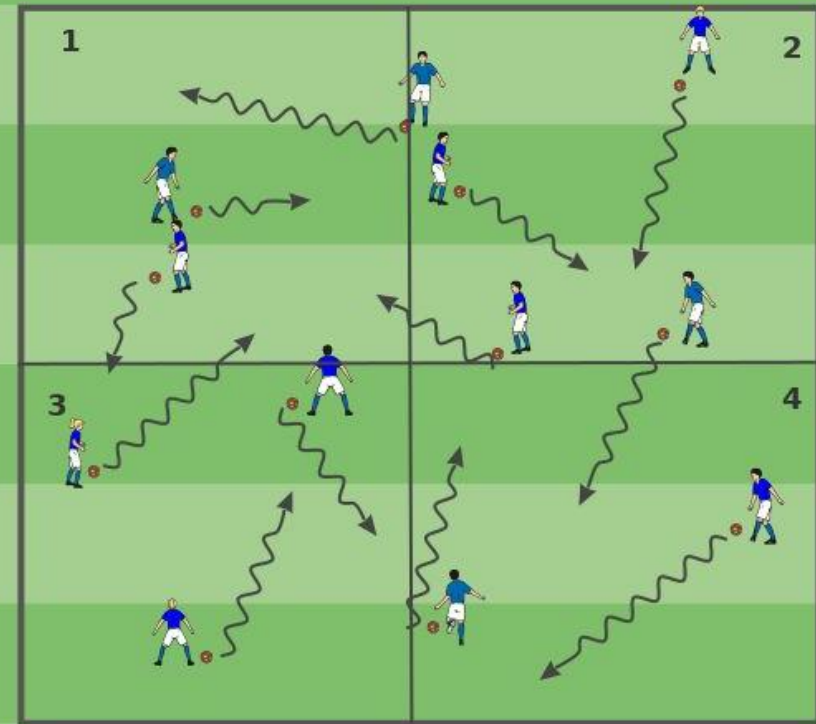
- Grid Size: Indoor: Size of available basketball court/Outdoor: 20 x 20 – 20 x 44 yards or about half of the penalty area to full penalty area. Divide area in to quarters
- **Rules:**
 1. Every player has a ball
 2. Players continually dribble inside the area/Must stay within the designated area
- **Progressions:**
 1. Coaches' Call: On coaches call, do what they say – Only dribble with right foot, only with left, only with a specific surface of your foot (i.e. sole or outside), pull back and accelerate away, outside or inside of foot cut, etc.
 2. Players Call: Ask a player to demonstrate a move. Teammates practice that move at appropriate time while dribbling through the grid
 3. Grid #: Coach says a grid # (see diagram) and players must accelerate to that grid and continue dribbling in that grid. Coach can say more than 1 grid # at once



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Activity Focus

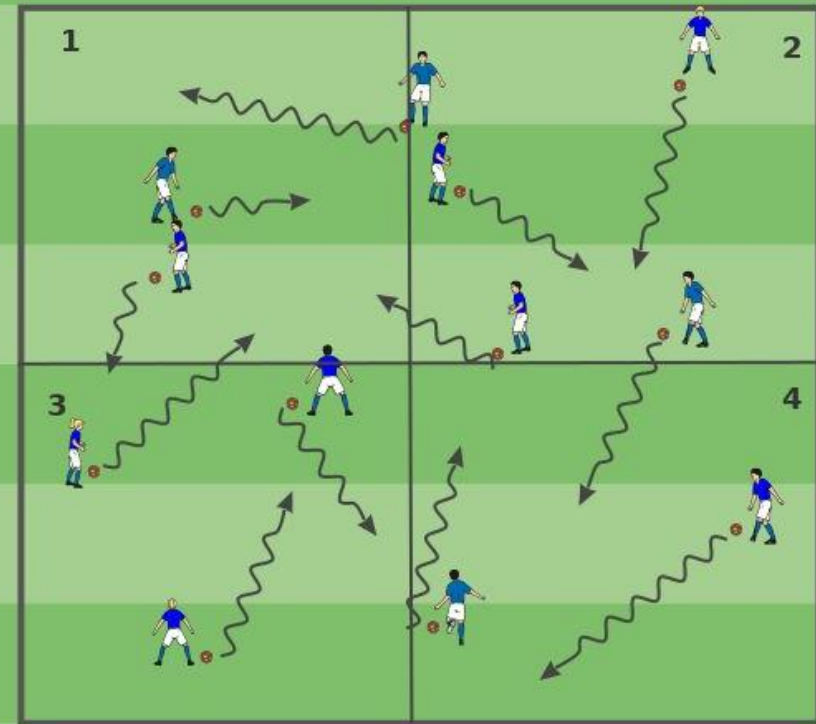
- Technical: Dribbling to keep possession
- Tactical: Decision making regarding spatial movement, which technique to use, when to implement the proper technique
- Physical: Running/change of speed – acceleration & deceleration/change of direction – quickness
- Psycho – Social - Mental: Interaction with teammates/Meeting the Challenge: Increasing quality of play, increasing speed of play/Focus on learning new skill or improving known ones



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Coaching Points:

- Any surface of the foot can be used – Inside, outside, sole, laces – instep
- To keep the ball closer, i.e. to take tighter touches, the foot should move up and down more, coming down on the ball more instead of pushing it out in front
- To take more space, i.e. to take bigger/longer touches, the dribbler should stride into the ball more, primarily using the instep or laces of the foot
- Play on top of the ball, i.e. The ball must be mostly played almost directly under the body of the dribbler or a little out in front
- The player on the ball will use the sole of the foot to more quickly change direction, i.e. Pull back or roll over
- Change of direction moves (cut, chop, Cruyff, step over, pull back, Maradona, a fake pass, or a combination of moves) often involve the ability to pivot/turn quickly on the ball of one's foot – Look for players being on the ball of their feet and not flat footed
- When introducing a move break it down into pieces and focus on quality of actions first
- Progress to “chunking” the parts into one action performed at speed and with deception
- The player on the ball must be able to pass the ball at any moment. If ball is too far from them on the dribble, they won't be able to pass the ball at that moment
- Eyes of the players must constantly be scanning the field in front of them and side to side to see the space and passing options. It generally helps for the players to have their chin up, but as long as their eyes are up, not looking at the ground, they will be able to see.



All Dribble - Ball and Footwork Moves and Quickness

Questions to Ask Players:

- Where is the space?
- Are your eyes up/Are you looking around to see the space?
- Can you move into the space faster?
- Can you show me a move to change direction faster?
- Can you change direction?/Is the ball close enough to change direction?
- Are you using all the surfaces of your foot?/Are you using both feet?

