

Dribble and avoid the pass

By Michael Beale

Arrange your players into two teams. One team acts as the dribblers and works inside the area. Give the other team's players three balls to share and spread them outside the other team. These players are the passers.



The dribblers must be constantly on the move and try to avoid being hit by a pass from the outside players.

If one of the dribbling players is hit by a pass, they are out of the game. The passing players must pass below knee height or the pass does not count.

Scoring can take place in two ways:

- The last player dribbling is the winner.
- The team that eliminates the dribblers the quickest wins.

Make sure the passes are not shots and are made with the inside of the foot only.