

Dribble and avoid the pass

By Michael Beale

Split your players into two teams. One team acts as ball dribblers and each has a ball inside the area. Give the other team three balls and spread them around the outside. These players are the passers.



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

If one of the dribbling players is hit by a pass, he is 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.