

LESSON PLAN: TAG GAMES TO TEACH DRIBBLING

WARM UP ACTIVITY

PULL OUT THE TAIL, DROP IT, AND RUN!!!

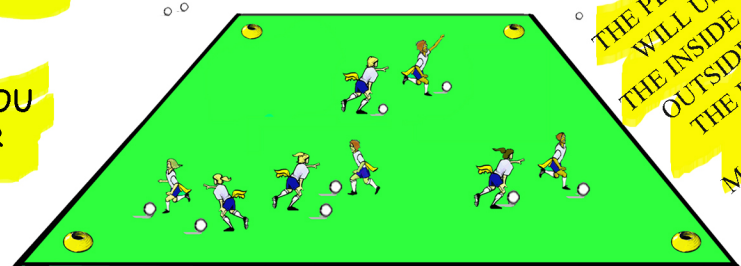


EACH PLAYER HAS A BIB FOR A "TAIL"

HOW CAN YOU TELL WHERE IT'S SAFE TO RUN?
EYES UP!

HOW CAN YOU KEEP YOUR TAIL?
ALWAYS MOVING!
FACE THE CHASE!

FIRST ACTIVITY



...ADD A BALL

THE PLAYERS WILL USE THE INSIDE AND OUTSIDE OF THE FOOT TO MANUEVER THE BALL!

SECOND ACTIVITY

PLAYERS PAIR UP BETWEEN 2 CONES (8-10 YARDS APART)
ONE PLAYER HOLDS A BIB AND ATTEMPTS TO DROP IT ON ONE OF THE CONES...THE OTHER PLAYER TRIES TO SHADOW THE PLAYER WITH THE BIB.



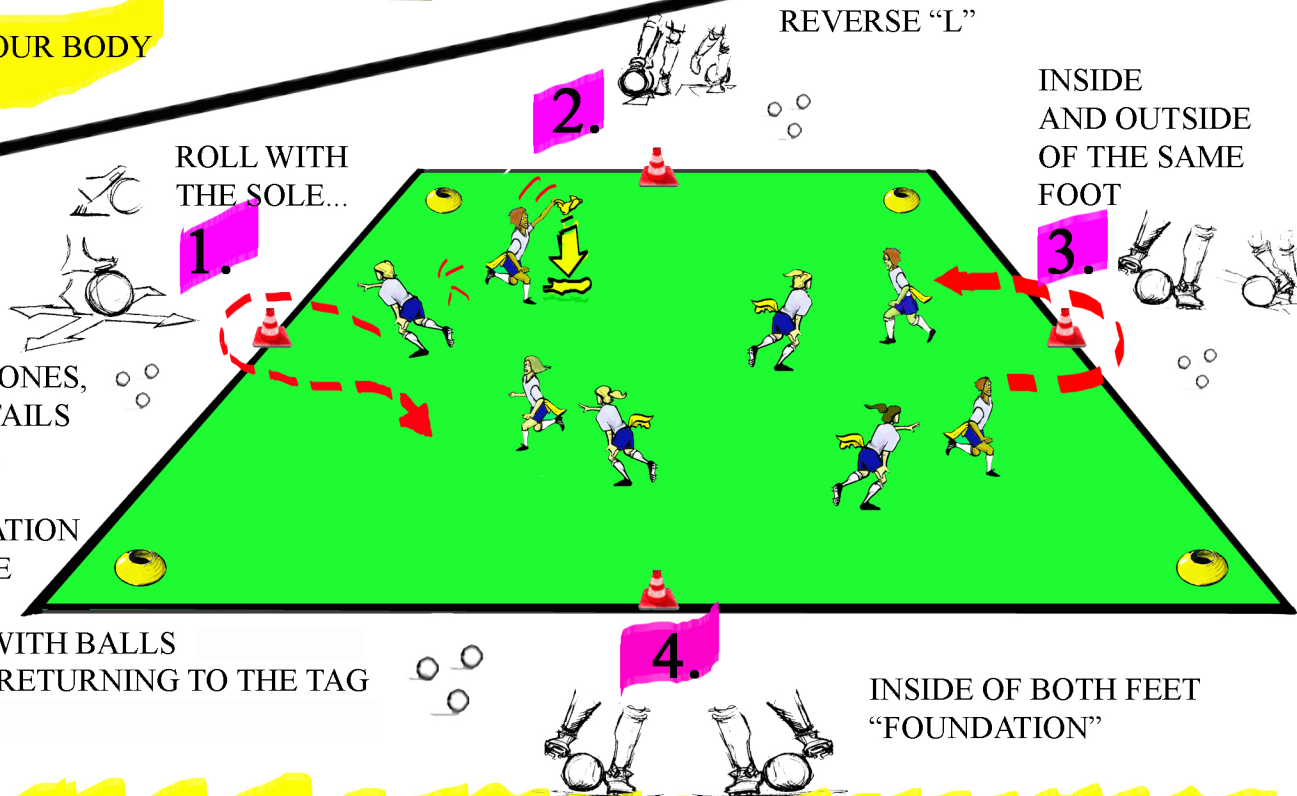
ONE PLAYER SCORES BY SETTING THE BALL ON A CONE, WITH THE OTHER MIRRORING THOSE MOVEMENTS.

QUESTIONS FOR PLAYERS:
WHAT SURFACES ALLOW YOU TO MOVE THE BALL QUICKLY? HOW CAN YOU SEND YOUR OPPONENT THE WRONG WAY?

QUESTIONS FOR PLAYERS:
WHAT'S THE BEST POSITION FOR YOUR BODY TO BE IN TO BE QUICK?
HOW CAN YOU SEND YOUR OPPONENT THE OTHER WAY???

THIRD ACTIVITY

IN A 20X20 AREA, MARKED WITH CONES, PLAYERS WILL TRY TO PULL OUT TAILS OF OPPONENTS AND DROP THEM. PLAYERS WHO LOSE THEIR TAILS SPRINT AROUND ANY OF THE 4 STATION CONES AROUND THE AREA BEFORE RETURNING TO PUT THEIR TAIL BACK IN...SUPPLY EACH STATION WITH BALLS FOR SETS OF FOOTWORK BEFORE RETURNING TO THE TAG GAME.



1. ROLL WITH THE SOLE...

2. REVERSE "L"

3. INSIDE AND OUTSIDE OF THE SAME FOOT

4. INSIDE OF BOTH FEET "FOUNDATION"

*TAKE BIBS AWAY, ADD 4 BALLS, PLAYERS DRIBBLE TO KEEP THEIR BALL, WHEN A PLAYER LOSES THE BALL, THEY MUST RUN TO A STATION CONE BEFORE CHALLENGING FOR ANOTHER BALL.

FINAL ACTIVITY: 3V3

LET THEM PLAY!



CAN PLAYERS USE SIMILAR MOVEMENTS IN THE GAME???