

Like Magnets



Activity Organization:

Players work in a confined area in random formation, with one ball per player.

Players dribble within the area and pretend they all are like magnets.

Whenever they come toward another player, they must immediately repel by changing direction 180 degrees and sprint away 3-5 yards.

Implications for the Game

Technical

- Dribbling
- Quick turning

Physical

- Balance
- Quick acceleration
- Body control
- Agility

Tactical

- Looking for open spaces.
- Other like magnets are perceived as pressure on the ball that must be released quickly

Social/Psychological

- Creativity of running moves
- Develops the concept of releasing pressure from the ball
- Total group involvement

Related Activities

- Math Dribble
- Everybody's It
- Cross Over