

Body Part Dribble



Activity Organization:

Within a confined area, players stand in random formation, each with a ball.

On the command, players dribble to keep control while avoiding touching others. While they dribble, coach calls out a body part and player immediately stops the ball with that body part. Call 'right elbow', 'chin', 'left knee' etc.

Vary by playing "Simon Says".

Implications for the Game

Technical

- Dribbling in a confined area
- Close control
- Changing direction
- Changing speed

Physical

- Reaction time
- Reinforce knowledge of body parts

Tactical

- Reading the environment
- Looking and moving into open spaces

Social/Psychological

- Working within a group
- Positive interaction
- Listening skills, tuning into exactly what the coach/leader is saying

Related Activities

- Human Obstacle Course
- Ball Retrieve (Pairs)
- I Can do Something, Can You?