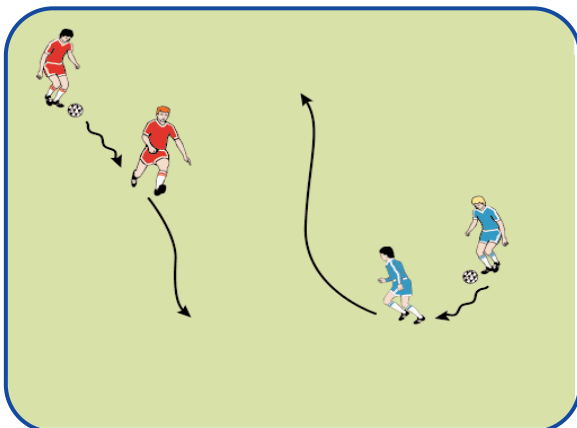


Shadow Dribbling



Activity Organization:

Players work in pairs, in an open area, with 1 ball per pair.

Player with the ball follows the player without the ball and attempts to stay within partner's shadow. At the end of one minute players switch roles.

Implications for the Game

Technical

- Dribbling while changing direction
- Changing speeds and raising the head to keep partner in view
- Allows player to expand field of vision without losing sight or control of the ball
- Close control of ball

Physical

- Balance
- Agility
- Fitness
- Changing direction and changing speed
- Quick adjustments with ball using either foot

Tactical

- Increasing field of vision
- Avoiding others

Social/Psychological

- Working with a partner
- Developing field vision and sense of control with ball

Related Activities

- Find the Coach
- Cross Over
- Math Dribble