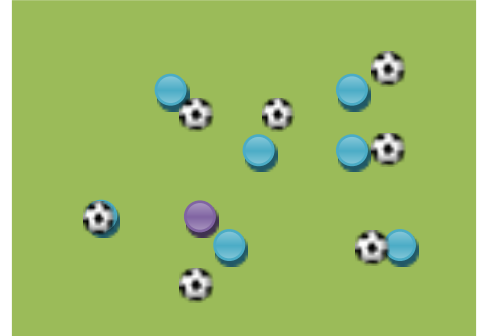


Topic*Dribbling Knock Out*

Area: 20x20

Organization:

The entire group is positioned in a grid 20 yards x 20 yards. All but one player has a ball. The practice is started with one defender placed in the center of the grid. The defender tries to kick the dribbling player's ball out of the grid. Once the player has been dispossessed, he/she then becomes a defender and has to help him/ her kick balls out of the grid. The last player remaining in possession of a ball is the winner.

Encourage the players to seek out defenders and not hide in corners. The dribbling players should use a variety of dribbling moves while scanning the grid for open spaces and defensive players. The winner of the practice becomes defender in the following game. Players should also look to screen the ball whenever needed, using their arms to hold off pressurizing defenders.