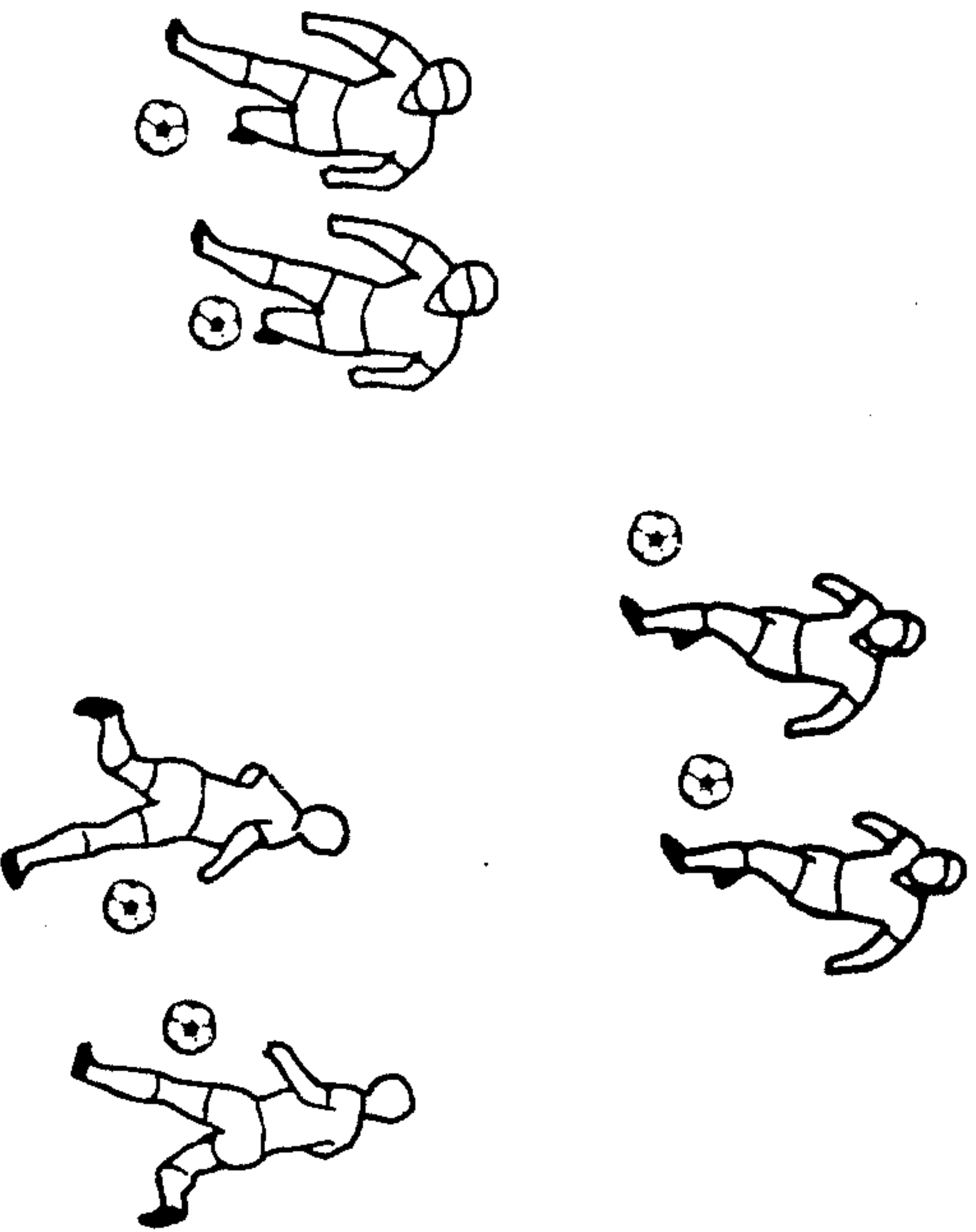


2. 1-1 ATH DRIBBLE

Organization: Each player with a ball.

Structure: Random formation within a confined area.

Procedure: Same as Body Part Dribble except coach/leader calls out a math problem. The players immediately solve the problem by forming the appropriately sized group. This activity organizes groups without asking players to choose a partner or counting off. For example, if your next activity requires partners, call out 1+1.



Analysis:

Technical: Dribbling in confined area, changing direction, changing speed.

Physical: Reaction time, coordination, balance.

Tactical: Looking for players, moving quickly, and quick reaction time.

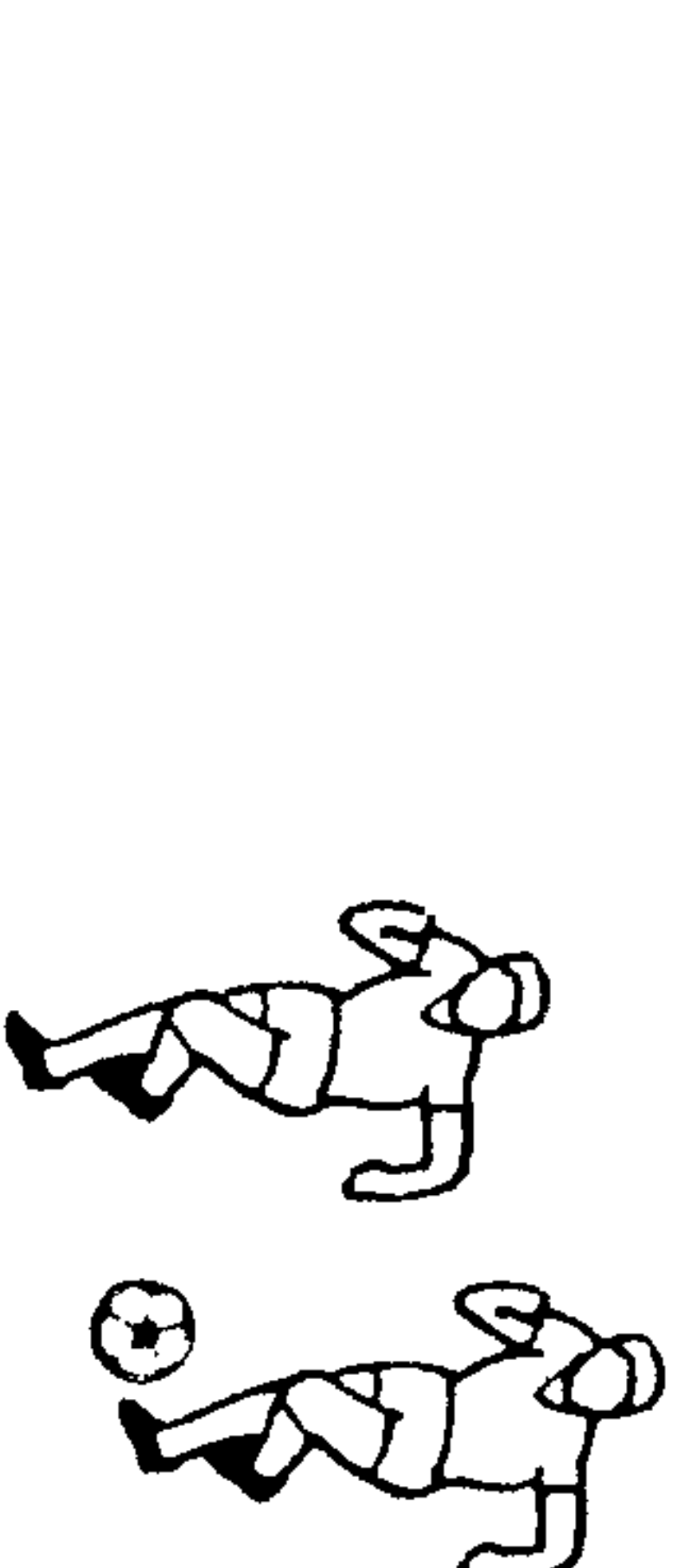
Social/Psychological: Problem solving, forming groups with many different players not just a best friend. Listening skills, paying attention to the stated problem.

3. SHADOW DRIBBLING

Organization: One ball for two people.

Structure: Open area

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



Analysis:

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.