



ACTION:

Player A and C dribble to the centre of the square and make the same move (decided by the coach) as they approach each other. They then pass the ball to the next player in the opposite group and sprint to the end of that group.

Players in groups B and D then work the same.

Moves that can be used are:

- Side Step
- Drag Scissors
- Step-Over
- Shimmy

TIPS:

An ideal way to introduce using Moves to players.

Remind players to look up and judge the distance of the opposing player so as to get the timing of the move right.

NOTES:



MOVES

SET UP:

12 x 12yd square

Players in groups of no more than five at each corner with a ball to each group