



ACTION:

Players dribble the ball around the square. At each corner he/she performs a 'Twist-off' move and continues to dribble around the square until he comes back to his/her group. Player then stops the ball for the next player to go.

TIPS:

Encourage good dribbling technique and sharp movement when performing the 'Twist-off'
First allow players up to three touches to turn with the ball, but work towards having the player turn in one smooth movement.
Players need to stretch to cut the ball.

Once player are confident doing the 'Twist-off' with the inside of the right foot, have them reverse the direction and use the outside of the right foot.

This exercise may also be used to practice other 'Moves'

NOTES:



MOVES

SET UP:

12 X 12yd area

Four groups of up to four players.

Each group has a ball.