Red Light, Green Light

Focus   Dribbling with the ball under control

Set Up   Create a starting line and line up all players on the line with a ball

Intructions   Coach stands with his/her back to the players approx 25 yards away.
                 Coach yells "Green Light" and players begin dribbling in the direction of the coach.
                 Coach may shout out "Red Light" at any time and a second or two later jumps to face the
                 players. When Red Light is called, players must trap their ball. If a player has not gained
                 control of his/her ball, send them back to the starting line.

Variations   Right foot only, left foot only

Knock Out

Focus   Dribbling with control, beginning strategies on shielding, change of pace.

Set Up   Create a grid of approx 15 yds x 15 yds. All players are inside the grid with a ball.

Instructions   Instruct the players to dribble but protect their own ball while trying to knock out of the
                 grid another player's ball. Players must stay with their ball and may not leave it to go
                 attack another. Their ball needs to be nearby. If a player is knocked out allow them back
                 in the drill after completing a task i.e. juggle, foundation etc.

Down & Back

Focus   The drill teaches players to dribble in high traffic/high pressure situations while staying
                 in control of their ball.

Set Up   Create a grid 20 yds x 20 yds. Split the team in two groups. Each player should have a
                 ball. The two teams will dribble across the grid but from opposite directions. Group #1
                 will dribble from north to south, Group #2 will dribble from east to west so that the two
                 groups crisscross.

Instructions   On the coaches command, instruct the players to dribble to the other side and back. The
                 first player back for each team gets a point.

Modifications

                 Restrict players to touches with a certain foot or part of the foot
                 Have the players cut or step over the ball as they reach the other end of the grid.
                 Place a group on each side of the grid and run crisscross from all four sides.