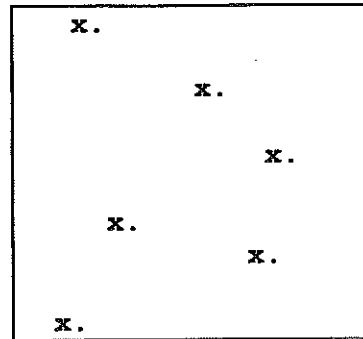


## GAME 1: HOUSE DRIBBLE

CAN BE USED AS WARM-UP

10 – 15 Yds. Sq.



**OBJECTIVE:** To allow players to become comfortable at dribbling and manipulating the ball without the presence of opponents.

**ORGANIZATION:** 6 to 10 players with one ball each, dribble inside a grid. Players respond to coach's commands as shown below.

### Coach's Command

### Player's required response

Right foot (or left)

Players dribble with right foot only

Stop (or "Red Light")

Players stop the ball by placing one foot on top of the ball

Turn

Players change the direction of the dribble

Right Elbow (or other body part such as nose, forehead, knee, cheek, etc.)

Players stop the ball by placing the body part on the ball

Clear the house

Players dribble fast out of the grid

Sit

Players sit on the ball

Jump

Players stop the ball and run around it jump over the ball, two legged, side to side

Change

Players leave their ball and get another ball

Three (or any other number)

Players dribble into groups of three

**VARIATION:** Instead of shouting a body part, the coach can touch an area on his body and the players need to stop the ball using the same area.