

FDBA Domestic Coaches Drill Book: Dribbling

Name: Collision Dribbling

Drill No: A4

Diagram A.

Description:

Split the group into four corners with a ball in each corner.

Players dribble through to opposite corner and avoid the traffic.

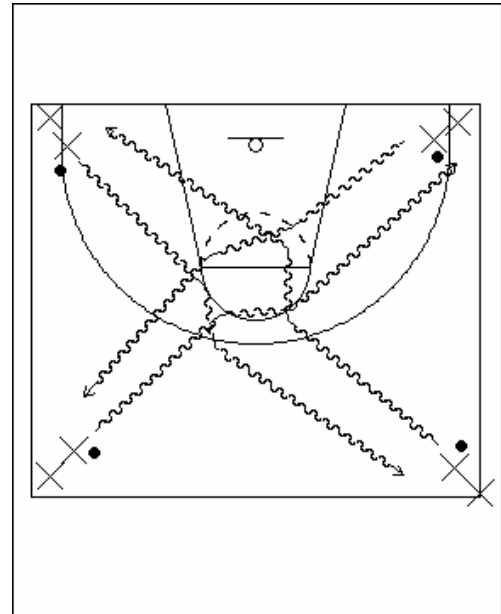
Variations:

Change distance of lines.

Progress to two ball dribbling.

Add change of direction move to avoid traffic.

Make it a ball handling skill instead - walking leg wraps etc.



Points of Emphasis:

1. **Head up!!!** - avoid the traffic
2. Dribble ball with fingertips - not palms.
3. Stay low and dribble waist height.