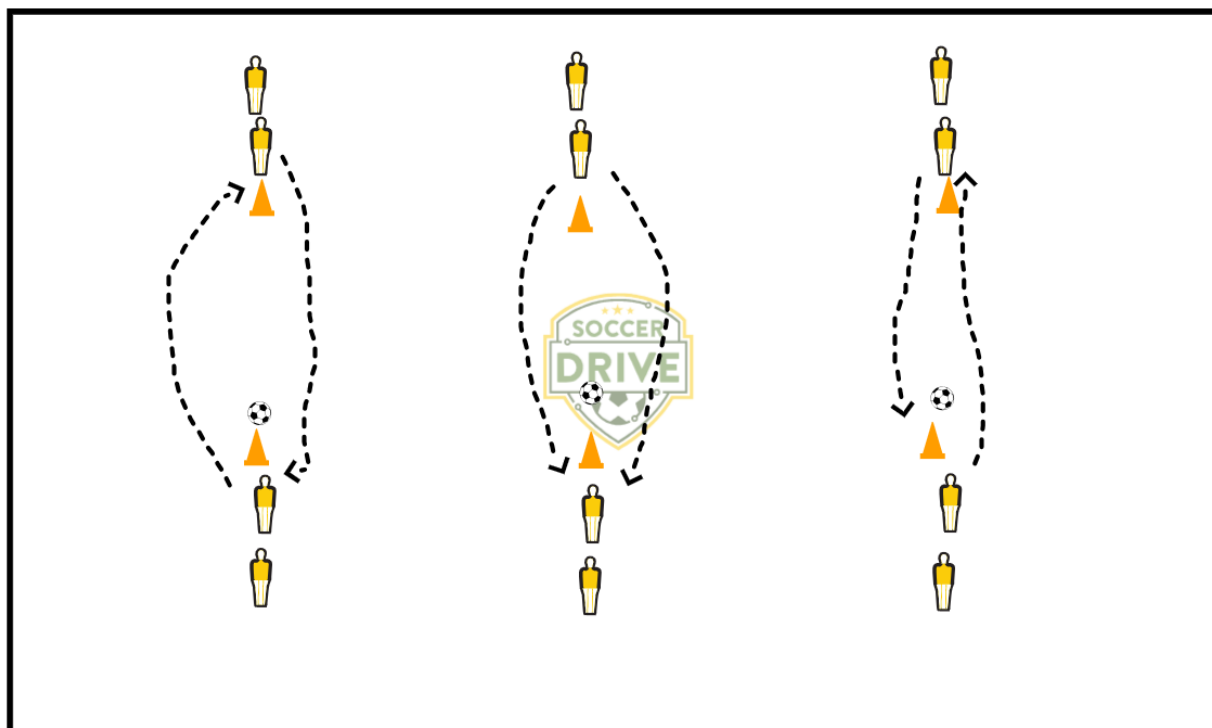


Drill #3 Dribble and leave



Description

Divide the team into six lines

Three face each other

Three of the lines has one ball. The player with a ball dribbles to the first person in the next line and then leaves it at the feet of that player. (do not pass)

Then the dribbler goes to the back of the opposite line.

Start slow and increase speed.

Finally, have a race to see which group of six is the fastest.