



## Dribbling With The Head Up

**Category:** Technical: Dribbling and RWB  
**Difficulty:** Beginner

Am-Club: Real Colorado  
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### Colors (15 mins)

#### Ignition Activity: Colors

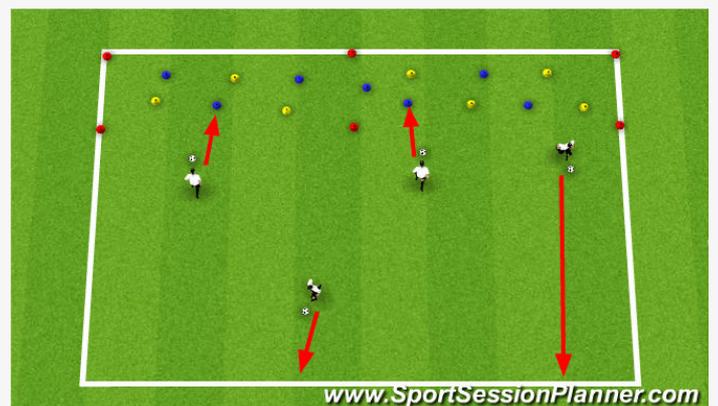
1. Every player has a ball
2. Spread out different colored cones in a playing area
3. Instruct Players to dribble from cone to cone. See how many cones they can dribble to in 30 seconds
4. Vary the activity by adding them to dribble to a different colored cone each time
5. Guide players to get their head up while dribbling



### Coin Collector (15 mins)

#### Spotlight Activity: Coin Collector

1. Every player has a ball and starts on one end
2. Create an area that has cones of different color, training vests, and other light objects
3. Instruct players to dribble to the area, pick up one object and dribble back to the starting point
4. Vary the activity by the coach tagging a player on the way back. If player is tagged they have to return the coin (cone or training vest) to the field of play



### The Bank (15 mins)

#### Spotlight Game: The Bank

1. Each team is trying to dribble the ball into the other team's end zone. When the player successfully gets to the other team's end zone they leave the ball there and they run back to retrieve the ball from their own end zone and try again.
2. Vary activity by allowing the coach to help the players. Players can pass the ball to the coach



## Game (15 mins)

### Game

1. Set up an area with 2 goals. play an even-numbered game to 2 goals
2. Laws of the game are applied
3. No conditions are restrictions
4. Vary activity by having the coach help the team that has the ball to keep play flowing

