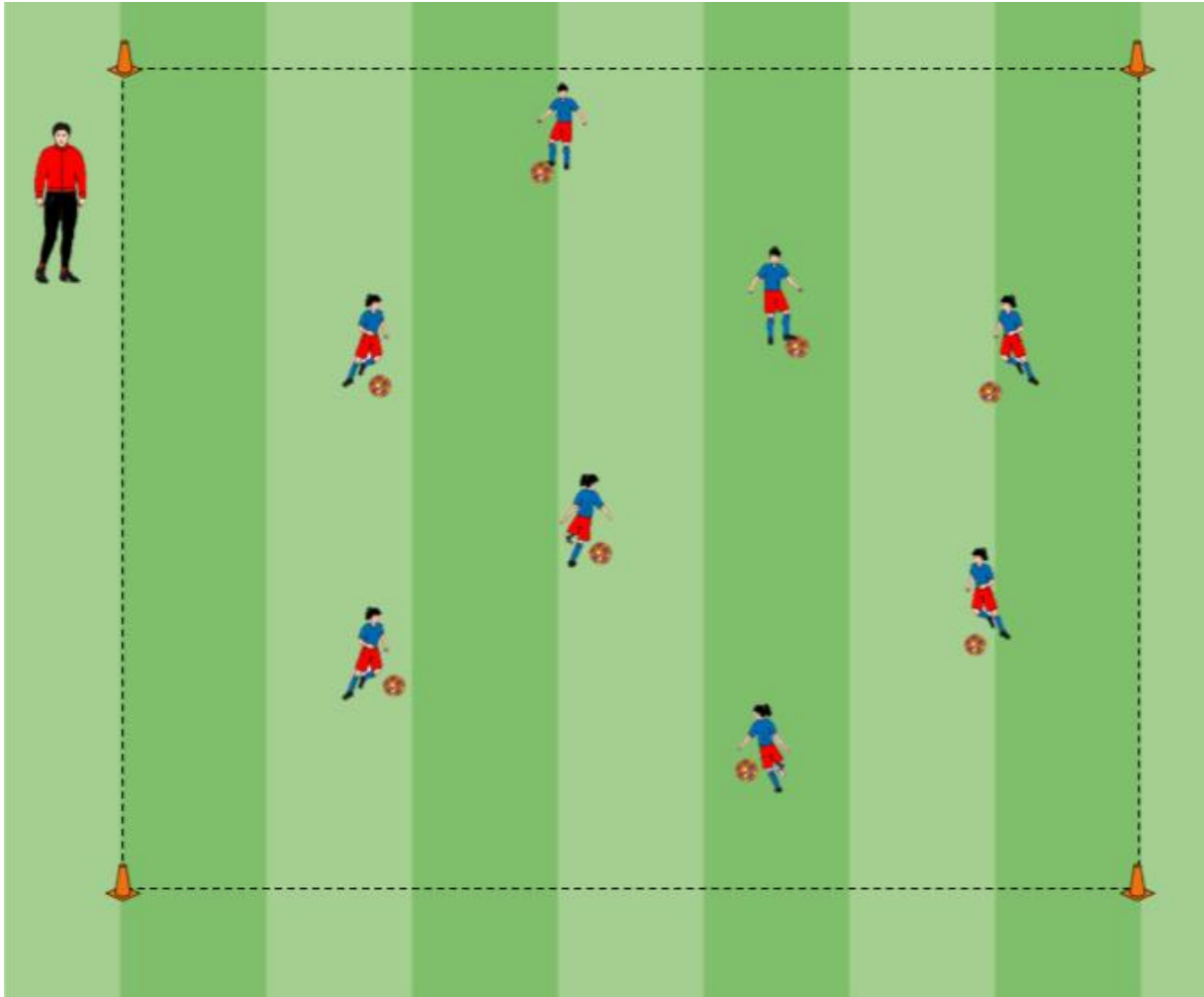


# By The Numbers

Game Focus: Develop comfort and control dribbling and using skill moves



Set-up: use 4 or more cones to mark an area of about 20x20 yards (adjust to suit group size)

## How to Play:

- Players dribble freely in the grid at a jog, each seeking space
- The coach calls out numbers, each with an associated skill move (below)
- Players perform the skill move called by the coach and explode out of the move at full speed for a few steps
- Players must remain inside the grid

## Suggested Moves:

1. Drag back
2. Scissors
3. Inside of the foot turn (full circle)
4. Outside of the foot turn (full circle)
5. V-turn
6. Step-over

Note: Teach players these moves and numbers in advance. This can be an excellent warm-up activity.

