

CATCH UP

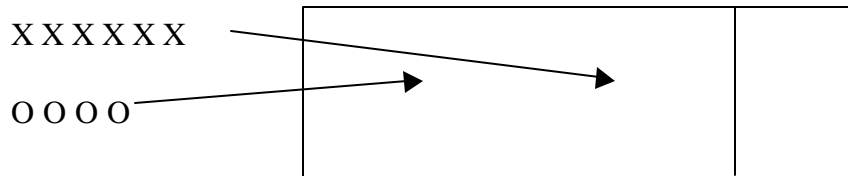
Organization: Two lines of players, one with balls two yards ahead of the other.

Structure: Two lines at the end of a 20-yard long and 5 yard wide lane.

Procedure: The player with the ball tries to dribble through the lane and into the safe zone while the player behind tries to catch up and deny entry into the safe zone.

Coaching: Keep the ball close.
Dribble with the outside of the foot for more speed.
Try to cut off the recovery run by angling your dribble into the path of the runner.

Analysis: Improves technical dribbling ability. Increases field awareness and thinking.



Option: If a player successfully dribbles into the safe zone they can continue to goal for a shot.