

DRIBBLE and TOSS

Organization: Using cones mark out a movement zone. Each player has a ball. Two or three balls are also in the field.

Procedure: Players dribble freely within the zone. They also toss the extra balls back and forth with their hands. Keep all the balls inside the zone, and keep them moving all the time.

Variation: Give each player a number. The balls must be tossed to the next player in numerical order.

