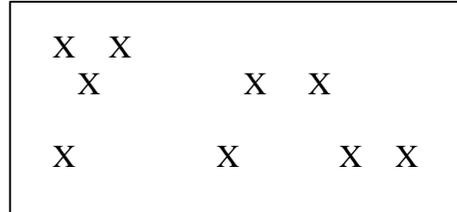


SQUARE DANCE

Organization: Each player with a ball.

Structure: Random formation in a confined area (15x15 yards).

Procedure: These instructions are given to the players inside the square:
“STOP” Stop the ball by putting your foot on top of the ball and freezing like a statue.
“GO” Dribble the ball inside the area without touching other players or balls.
“TURN” Turn 180 degrees with the ball and dribble the other direction.



Coaching: Keep the ball close.
Head up so you don't run into anyone.
Use both feet.
Bend your knees and stay low.

Analysis: Improves dribbling, balance, coordination, and vision.

Options: Dribble with the right or left foot only.
Stop it with your knee.
Dribble with the inside or outside of your foot only.
Stop it with your bottom.
“OUT” means dribble out of the area and back in as quickly as possible.

MARBLES

Organization: One ball per player with players in pairs.

Structure: Large open space for maximum opportunity to move.

Procedure: This is a game where players take turns trying to hit each other's balls through passing. The exercise begins with one player passing their ball 5-10 yards. The second player then attempts to pass their ball to hit their partner's ball. For a hit, score one point. For a miss, the moment the passed ball moves completely past the other ball, that player's turn begins. They now try to hit their partner's ball. There is an advantage to immediately chasing your ball after passing so that in the event that your partner misses you can be right there to strike your ball.

Coaching: Keep your eye on the ball.
Toe up and heel down when passing with the inside of the foot.
Step into your pass and follow through.

Analysis: Improves passing accuracy.