

PASS TURN DRIBBLE

Organization: Groups of four with one ball. with one ball.

Structure: Two players line across from the other two 15-20 yards apart.

Round 1: **A** runs at top speed to show for a pass, and **B** passes right to **A**'s foot. **A** safely receives the pass and dribbles to **B**'s position. **B** runs to **A**'s position and so on.

Round 2: Like Round 1, but this time **A** passes the ball back to **B**, who dribbles to the other side.

Round 3: **A** runs at top speed to show for a pass, and **B** passes right to **A**'s foot. **A** safely receives the pass, turns around and dribbles back to his own side.

Coaching: Keep the ball close while dribbling
Turn with only one-touch

