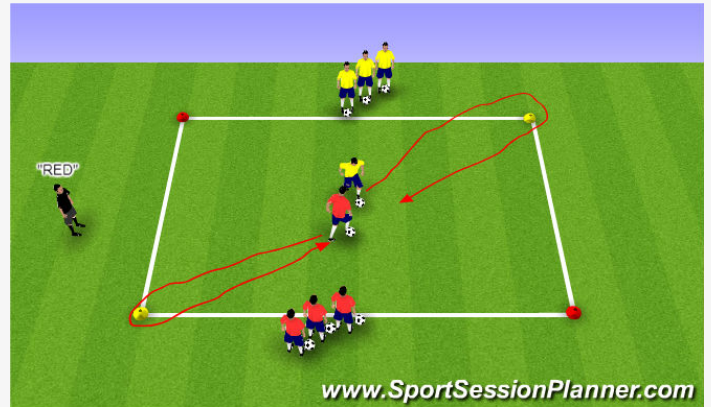




Description

Simon Says 3a (10 mins)

Players: 2-8
Grid: 10 x 10 or 12 x 12
Set Up: - Same set up as 1b with ball
Variations: - coach can call one color with the players having to dribble around the first color called then dribbling around the other color before going back to the middle and visa versa. Players can be forced to use different types of Changes of Direction as well.
Coaches have the license to be creative and imaginative with the variations of this drill.



Simon Says 3b (20 mins)

Set up: - same as 1a except coach now serves ball to the first player around the cone. A ball can also be placed in the middle if a coach cannot be used to serve. - Once ball is served, the players play 1v1 against each other with the goal being able to dribble with control outside the side of the box that is farthest from them after they have received the ball. - points are given to the player and team who can successfully achieve this.

