

Minkey/Modified Skills

Drill 3: Grip Revision and Dribbling (continued)



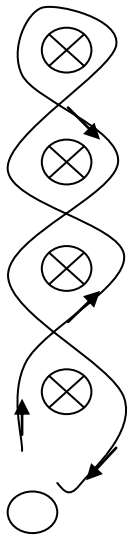
SCHEDULE

- 8.30 am: Warm-up (jog and stretching)
- 8.35 am: Drill start
- 8.45 am: Matches start
- 9.30 am: Finish

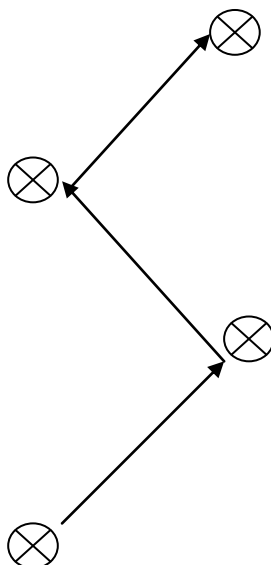
RUNNING WITH THE BALL

Coaching points:

1. Revision of hand position (left hand at top, right hand in the middle).
2. Ball position (carry ball outside the right foot).
3. Close dribbling between markers.
4. Change direction with control.



Players run with ball between markers and return to start



Players run with ball to marker and change direction with control.

Players wait at finish and repeat in opposite direction back to start.