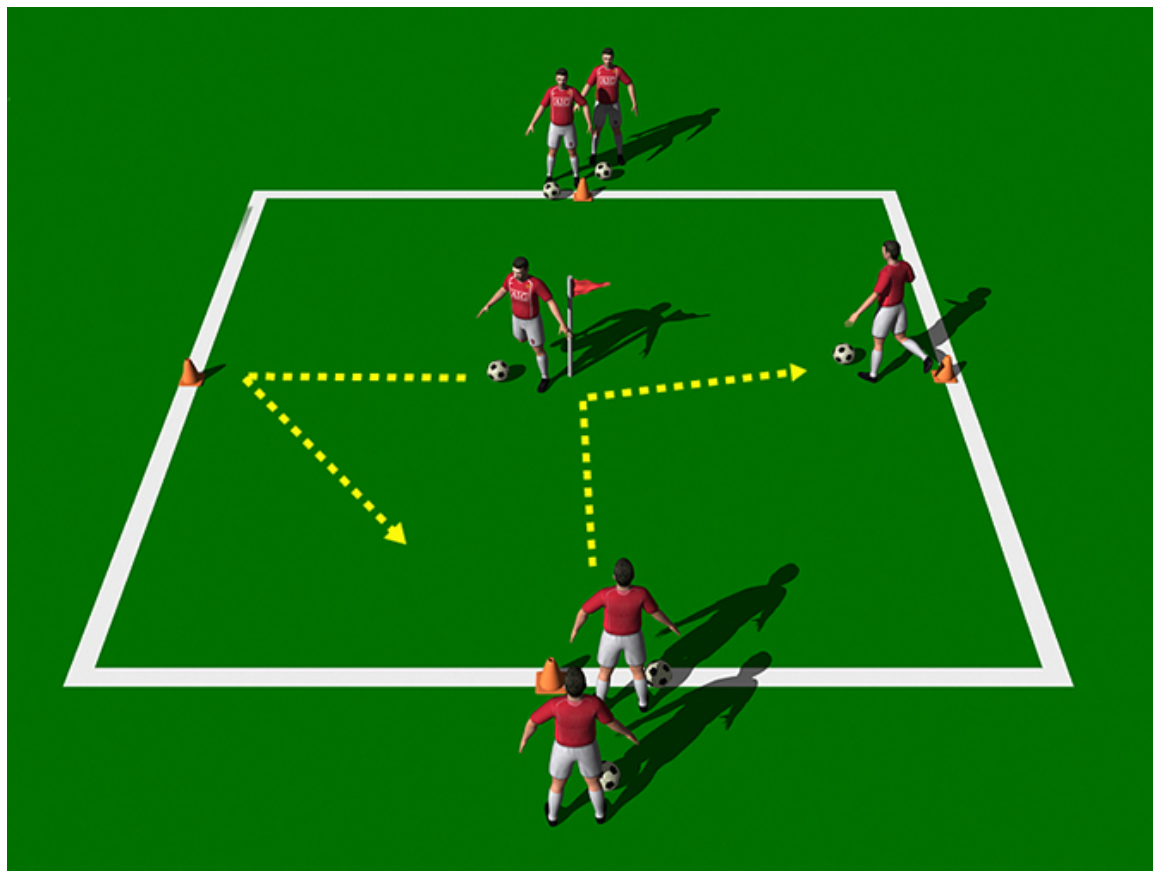


Creative Moves Drill



Objective of the Practice:

This is an exercise designed to incorporate a variety of creative dribbling moves. Fun for all age groups.

Coaching Points:

Include your entire group in an area approximately 20 yards by 20 yards. On the coaches command the players perform the following exercises:

- The "Step Over" Move.
- The "Scissors" Move.
- The "Double Scissors" Move.
- The "Spin Out" Move.

Add your own creative moves to the warm up.

Field Preparation:

Entire Group.

Area 20 yards by 20 yards.

Cones.

One ball per player.