

# MICROS DRIBBLING

## “ANIMAL TAG”



**Age:** MICROS-LOWERS

**Duration:** 5-10 MINUTES

### SET-UP:

EVERY PLAYER HAS A BALL. SET UP CONES IN A GRID LARGE ENOUGH FOR THE PLAYERS TO DRIBBLE FREELY BUT SMALL ENOUGH THAT THEY WILL HAVE TO AVOID EACH OTHER.

### DRILL DESCRIPTION:

The players will start in the “ready” position, with all eyes on coach. The coach will tell them to start dribbling freely around the grid. The coach will slowly walk around the grid and the players will try to tag the coach while dribbling there balls. If they tag the coach they yell out the name of an animal, and the coach pretends to be that animal for a few seconds then proceeds to walk away in a different direction. The players need to keep the ball at their feet while they tag the coach or it doesn’t count.

### KEY COACHING POINTS

“Little Touches”- Keep the ball at your feet the entire time.

“Change Direction/Pace”-When the players are dribbling towards you, change your direction and pace to encourage the kids to turn with the ball under control.

“Heads Up” - If the players aren’t looking at the coach they won’t be able to tag you. They also need to be aware of the location of their teammates.