Activity Title: Middle Grid 1 Day 2

Activity Name: Dribble and Pass with intelligent runs

Activity Setup: Set up diamonds for every 5-7 players in the group at minimum of 10 yards from cone to opposite cone. With 1 cone in the middle. Players will divide evenly on the outside cones. Two balls at two different cones

Activity Description:

1. Players with the ball will dribble into the center with the ball and pass the ball to a player at a cone on the outside. They will then run to a cone that does not have the most amount of players at it. The players that receive the ball will repeat. Several reps.

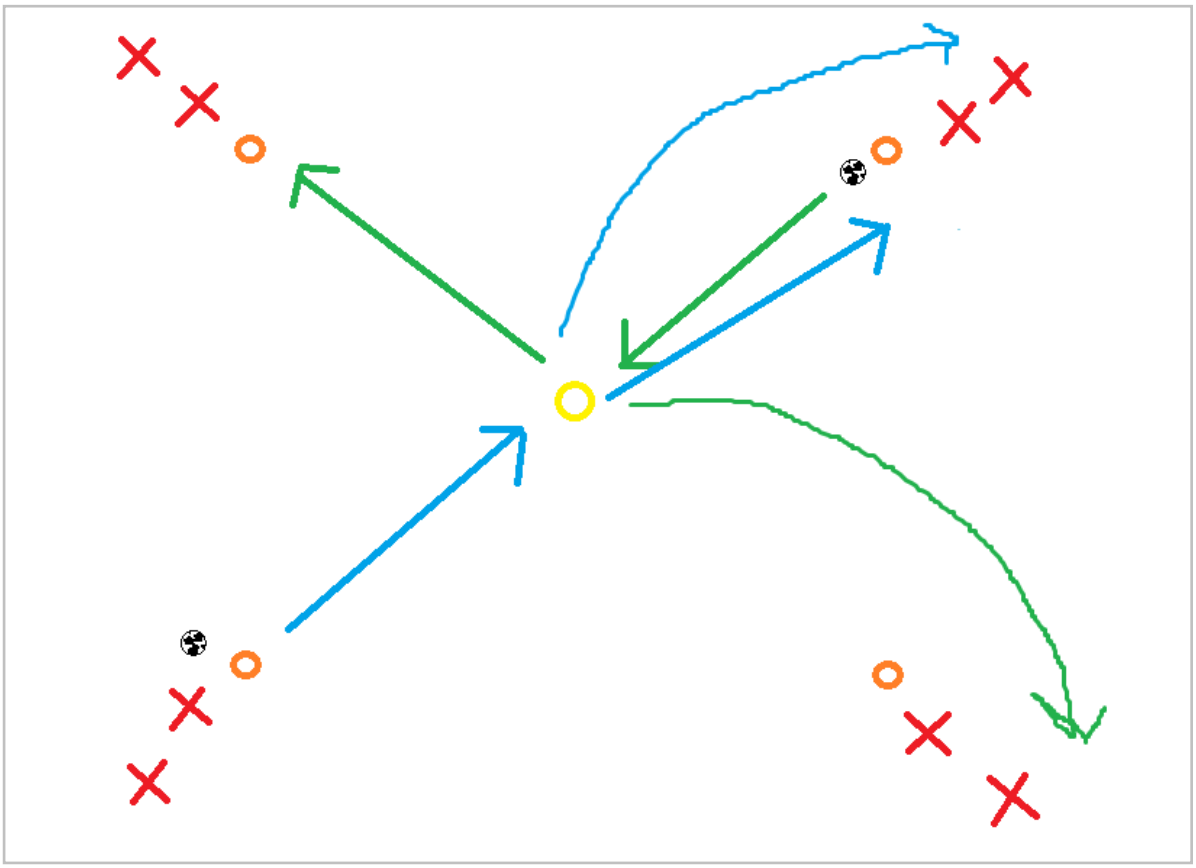
2. Remove a ball and increase the speed of passing and moving. This should be very fluid with a lot of communication

Emphasis:

Communication

Sharp passes

Quick runs



Cue Words:

Talk

Fat part

Pass and Move!