

Turtles and Ducks

Objective Get the whole team and balls to the other pond first

Description Make two dribbling areas call them ponds. Split the group into one pond and the other in the second pond. Have them dribble inside of the pond until you tell them to change. Each group must get to the next pond as quick as possible. First team to get all the players and balls into the other pond wins.
Adjust the pond size and distance depending on skill level.

Dribbling
Ball Control
Turning
Keeping head up

Coaching Points Keep your head up to not run into anybody

