



Who Let the Dogs Out

Purpose- Opposed Dribbling

Organization

Each player has a ball and attempts to dribble from one side of the grid, past the bulldog and to the other side

Before you get to the other side the players who are dribbling must touch the ball at least six times

If the player is touched or his/her ball is touched on the way to the other side they become a bulldog (the bulldog must go down on hands and knees)

Coaching Points

Try to use both inside and outside of foot to take you into the space and past the bull dog

Keep your head up to see where the space and bulldogs are

Work on change of pace keep the ball close in tight spaces then explode in the open space when past the bull dogs