

"Driving School"

Comment: This is a great game & teaches many basic skills. Easy set-up & everyone has a ball.

Teaches: Control dribbling, using bottom of foot to stop, pullbacks, using outside of right foot & left foot.

Set-up: Use disk cones to outline a 20-yard x 20-yard "field". (Smaller or larger, depending on age & numbers of players, but not too small or they will collide. Better for this game to be on the larger size at first).

The Game: "This is Driving School & I'm your Instructor. I'm going to teach you how to drive but you must listen carefully & do exactly what I say."

Each player has a ball & must stay inside the cones.

Coach uses a ball to demonstrate what each of the instructions means:

"Go" - Start dribbling ("Keep the ball near your feet & look up while you dribble so you don't run into someone").

"Stop" - Put foot on top of ball to stop it

"Slow" - Dribble slow

"Speed Up" - Dribble faster but keep looking up & don't "wreck".

"Turn right" - Use the outside of the right foot to push the ball to the right & then dribble in that direction. (This teaches them to stop & turn the ball using the outside of the foot). Be sure they know which is the right foot.

"Turn left" - Use the outside of the left foot to push the ball to the left & then dribble in that direction.

"Pull back & go the other way" - Use the bottom of foot to pull the ball back (i.e., flick it backward) & then turn around & go the other way.

For U-10 & up, include "Steparound" when the ball is stopped or going slow. (See "Steparound" game for how to do it).

Tell them to be careful & not have a "wreck". As they dribble they must look up to see where they are going. If they intentionally have a wreck or have too many wrecks, they may have to go to Jail (i.e., make them go outside the cones & dribble a lap around the outside of the cone field to practice dribbling; tell them to look up while they dribble this lap & go slow & keep the ball close to their feet).

Time: Do this for 2 minutes & then evaluate & give any driving "tips" needed. Then continue the class for 2 or 3 more minutes & then stop, give "tips" & encouragement & then another round of 2 - 5 minutes.