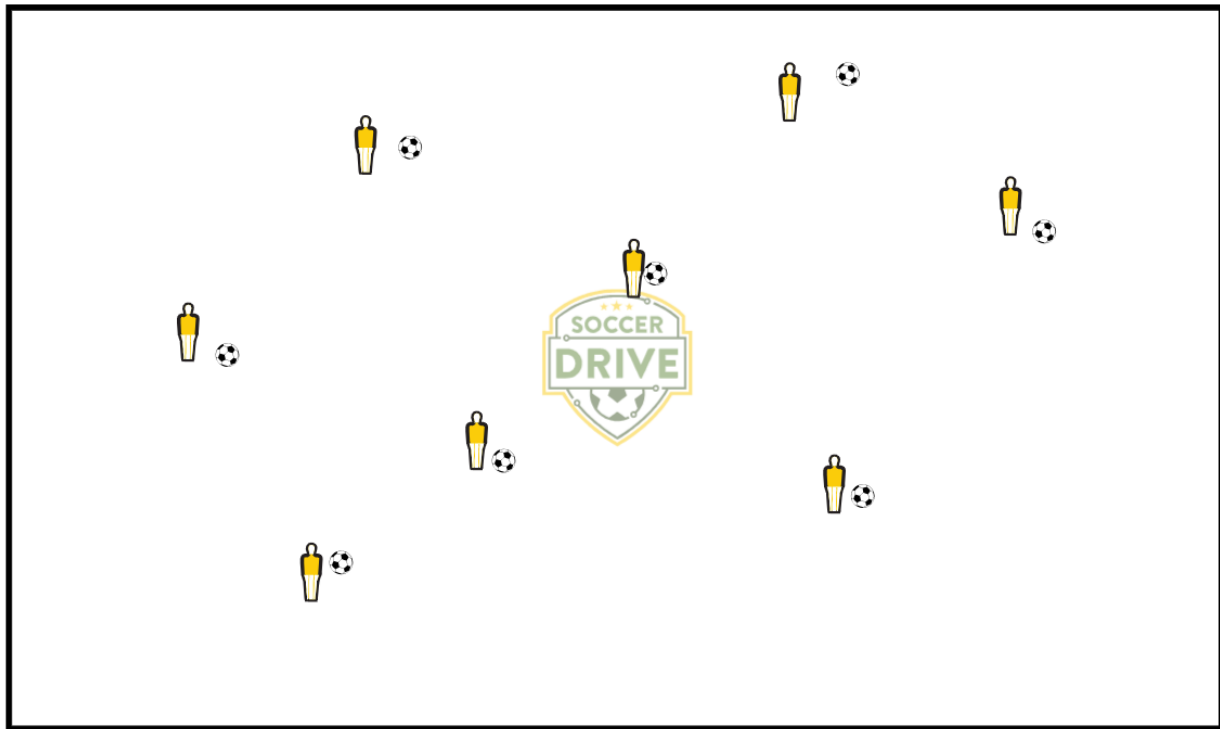




Drill #2 Simon Says



Description

All players start with a ball

The coach is Simon and plays Simons Says

Focus on all things dribbling

Simon says to dribble with only the left or right foot

Simon says do a pullback

Have the players who are out sit down near the sideline together to avoid being hit

Focus on spreading out away from other teammates

Play 2-4 games of Simon Says.