

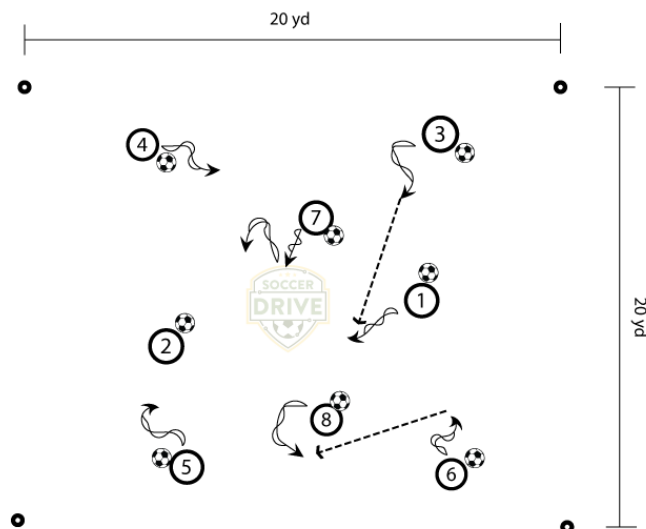


# CONTROLLED CRAZINESS

AGE LEVELS U8

CATEGORIES DRIBBLING  
TURNING

EQUIPMENT 1 BALL PER PLAYER  
20 X 20 YD FIELD



## DESCRIPTION

- » Every player is in the grid with a ball.
- » When the coach starts the game, everyone tries to pass their ball and hit someone else's ball.
- » Regardless if they hit or miss, they track down their own ball, dribble around in the grid, and try again.
- » Every time you hit another ball with your own, you get a point. However, if your ball is struck by someone else's, you lose a point. Keep track!
- » Play for 1 minute. Stop to make a coaching point and play again.

## COACHING POINTS

- » Players need to keep the ball close to their body with tight touches and be willing to turn often.
- » Encourage the players to try using different parts of their feet to turn.
- » When it looks like someone is about hit your ball, try changing direction quickly to get away and get someone else's!
- » Use open ended questions during the breaks between rounds:
- » "Who should the length of our touches change at different points in the game?" (small/tight touches when turning and dribbling in a tight space, longer/ looser touches when there is space in front of you so you can run faster)
- » Why is it important to complete a turn in as few touches as possible? (more touches take more time! The quicker you can turn direction, the more difficult it will be for someone to hit your ball)
- » Where should our eyes be looking when dribbling? (Up...use peripheral vision to see your ball, so your focus is what is around you.)