

Number Game

Make a large square with cones. Everyone has a ball. Players dribble around inside the square. Coach will hold up a number of fingers on one hand and the players are supposed to look up and yell out the number while they continue to dribble.

Variation: Have the player do toe taps for every finger you have up or foundations (tick tocks).

Coaching point: Remind the players to keep their head up so they do not run into each other and to keep their ball close.

