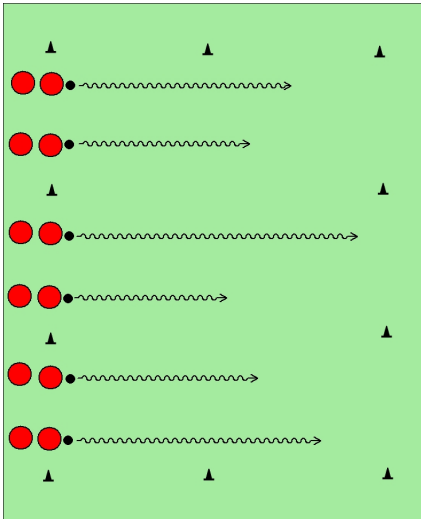




### Body parts dribble



#### How it works

Pairs of players start at one side of a large playing area.

The first player dribbles the ball out to the far side of the playing area then performs a turn before dribbling back to stop the ball on the starting cone line for their partner. Partner repeats performing the same turn.

After a few goes each demonstrate a different type of turn for the players to perform. Players repeat dribble and turn sequence using the new turning technique.

Turning techniques could include:  
drag back turn  
inside/outside of the foot cut  
Cruyff turn

As players continue the coach can then shout out body parts and whoever is dribbling the ball at that time has to stop and place that body part on the ball as quickly as possible.

On a signal from the coach, players then carry on.

#### Possible changes

Players could stop the ball before getting back to their partner and pass.