



Drill Name: Moving Targets

Set up :

30 x 30 yard grid.
12 -18 players.
One ball per player.

Instructions:

2 players are designated as "destroyers". The "destroyers" dribble around grid trying to pass their ball against another ball or legs of an opponent. If a player's ball or legs are struck then he too becomes a "destroyer". The last player to get struck by a "destroyer" is the winner.

Progressions:

Destroyers can strike their opponents ball only.

Coaching Points:

- Keep head and eyes up to avoid opponents as well as locate targets.
- Changes of speed to get close to opponent prior to passing ball.