

## **Dribble criss-cross**

This exercise is a good initial ball control task that teaches them to keep the ball close to them or lose it.

### **Set-Up**

Make two lines with cones every 10 feet. 8-10 cones are sufficient. The two lines should be parallel and 30 feet apart.

### **Procedure**

Have them stand in line at the beginning of one line and one at a time dribble through the lines criss-crossing between them.

It is very important that they keep the ball close to them in order for them NOT to lose it, and make sure they understand that it's not about getting it through first, but getting it through without kicking the ball too far.

When the first person is through the first line, have them go to the second line and dribble back.

### **Variations**

The lines could be done with a circle, but depending on how many players you have the line worked better for me.

### **Points to Watch**

Make sure everybody is moving at all times and at a pace everyone can follow.