

Speed Dribble Chase

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Purpose

To practice speed dribble and to teach defense to flick ball away from offensive player from behind.

Organization

Players get a partner of similar foot speed. Each set of partners has a ball on the endline.

Procedure

1. The dribbler takes two steps in front of the defensive partner. The dribbler may *not* switch her dribbling hand once she starts.
2. The defensive player tries to beat the dribbler to the other endline or to flick the ball from behind.
3. Have the players switch roles and return from the opposite endline.

Coaching Points

- The dribbler wants to use her lead for advantage.
- The defender tries to overcome the lead with speed or good timing of her defensive flick.

Variation

The coach may adjust the dribbler's lead to make it competitive.

