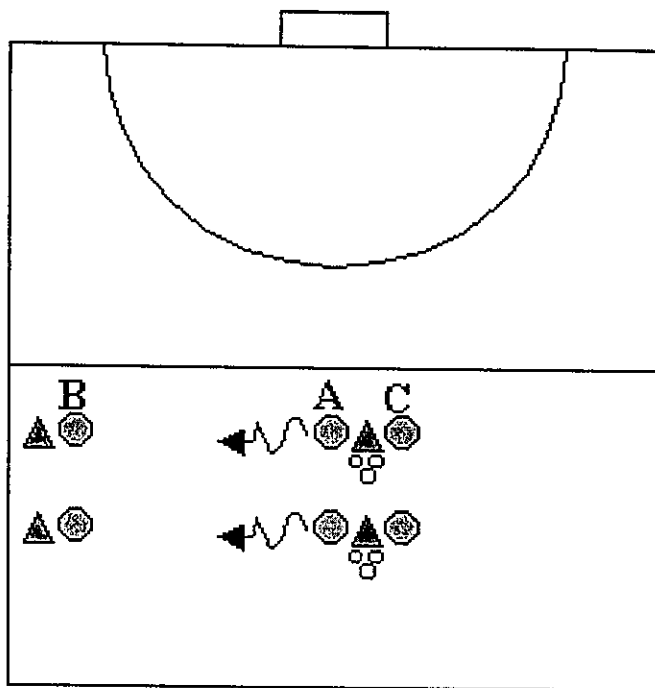


MOVING WITH BALL

INDIAN DRIBBLE

Moving w/t ball - Dribbling
Indian Dribble



Pitch exercise 1

Player A dribbles to player B

Player B dribbles to player C etc.

Look up regularly during dribbling to see the player near the other cone (vision)

How many fingers are they holding up?

Emphasis:

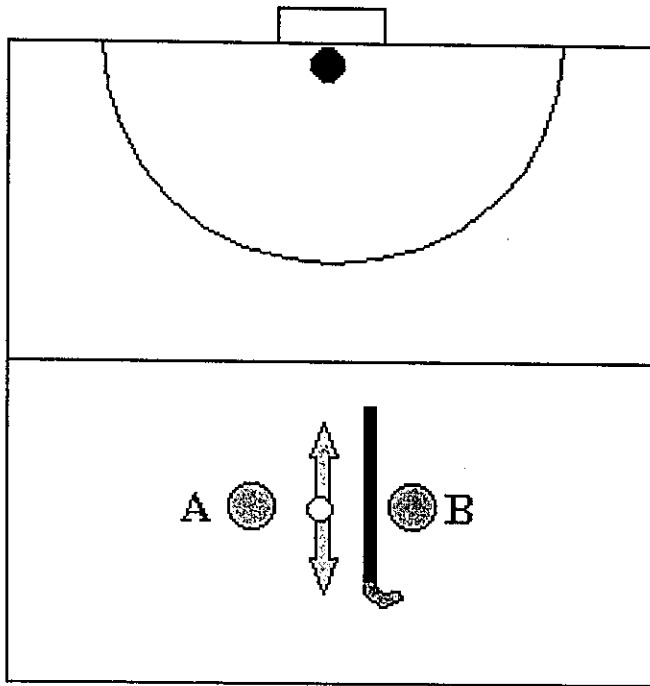
Ensure correct right and left hand grips (basic grip)

All fingers of the left hand have to be around the stick

The left wrist and hand make the stick turn over the ball

The right hand steers the stick from left to right

Moving w/t ball - Dribbling
Indian Dribble



Pitch exercise 2

The 'Indian Dribble - test'

Player B puts the stick down

Player A plays the ball backwards and forwards for one minute from the hook to the top of the stick on the ground

Only stick length counts as a score

B counts the number of stick lengths

Next it is the turn of B along the stick of A

A counts the score of B

Emphasis:

Ensure correct left hand grip (basic grip)

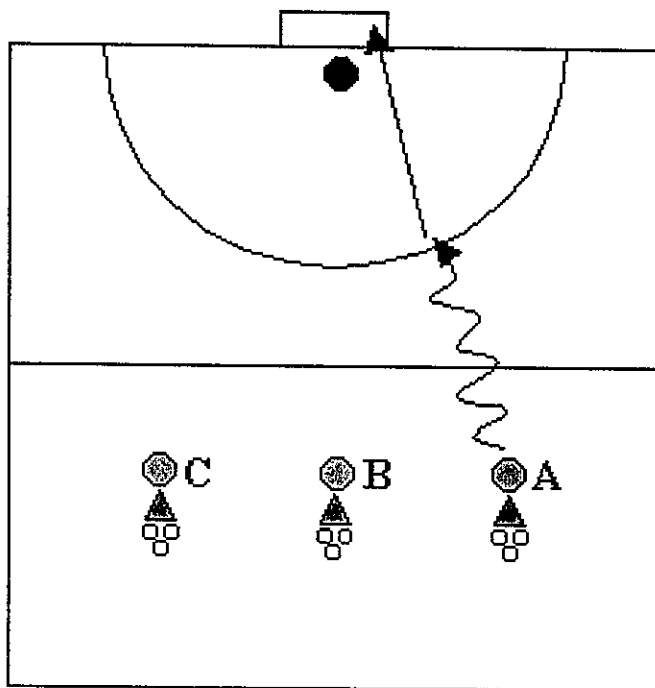
All fingers of the left hand have to be around the stick

Make the turn with the left wrist

The left hand turns the stick over the ball

The right hand steers the stick from left to right

Moving w/t ball - Dribbling
Indian Dribble



Pitch exercise 3

A starts off with the Indian Dribble towards the goal

Finish at goal

When A has a shot B starts etc.

Emphasis:

Fast running pace

Ensure correct left hand grip (basic grip)

All fingers of the left hand are around the stick

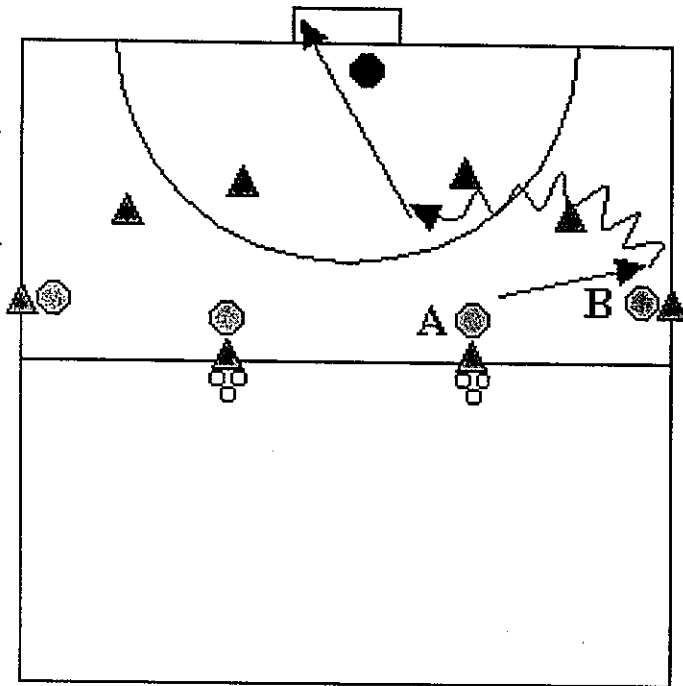
Make the turn with the left wrist

The left hand turns the stick over the ball

The right hand steers the stick from left to right

Make a cross step when shooting off the left leg

Moving w/t ball - Dribbling
Indian Dribble



Pitch exercise 4

Changing direction

A passes to B

B starts off with the Indian Dribble around the cones towards the circle

Finish at goal

Do the same on the left side of the field

Emphasis:

Fast running pace

Ensure correct left hand grip (basic grip)

All fingers of the left hand are around the stick

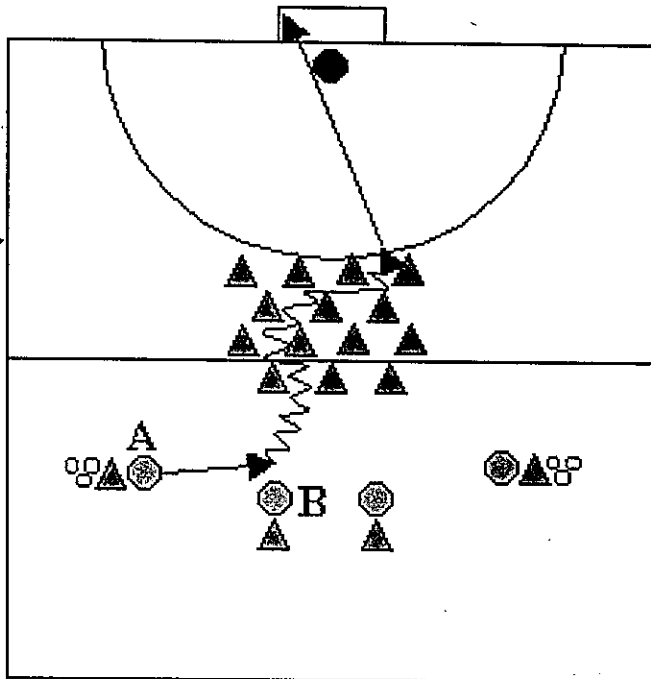
Make the turn with the left wrist

The left hand turns the stick over the ball

The right hand steers the stick from left to right

Make a cross step when shooting off the left leg

Moving w/t ball - Dribbling
Indian Dribble



Pitch exercise 5

Minefield

A plays to B

B receives and dribbles with the Indian Dribble through the minefield

Make sure not to touch the cones

Finish at goal

Emphasis:

Maintain forward action speed

Ensure correct left hand grip (basic grip)

All fingers of the left hand are around the stick

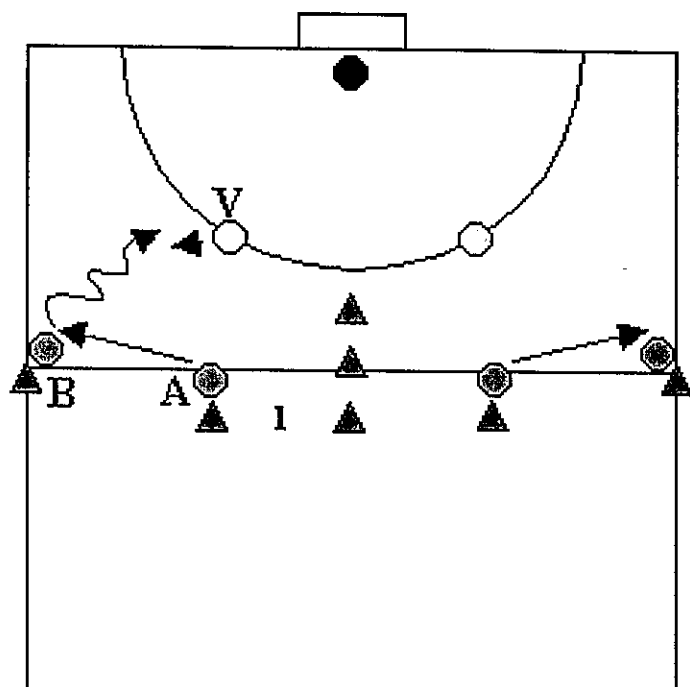
Make the turn with the left wrist

The left hand turns the stick over the ball

The right hand steers the stick from left to right

Make the cross step when shooting off the left leg

Moving w/t ball - Dribbling Indian Dribble



Pitch exercise 6

A plays to B

B dribbles with the Indian Dribble towards the circle

V puts pressure on B

Turnover:

If change of possession occurs, V turns over towards to small goal 1 with B tackling back

Emphasis:

B has to maintain forward speed

Ensure correct left hand grip (basic grip)

All fingers of the left hand are around the stick

Make the turn with the left wrist

The left hand turns the stick over the ball

The right hand steers the stick from left to right

Make a cross step when shooting off the left leg