

## The Shuttle:

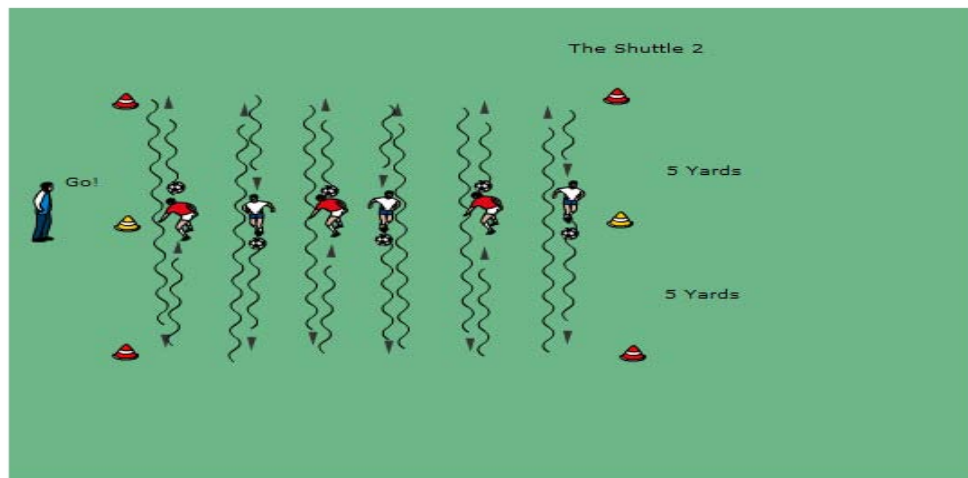


**The Game:** Divide the team into two groups (red & white) with all players having a ball. The red's face one direction while the white's face the other. When the coach yells Go! Both groups dribble quickly to the line they are facing, do a quick turn and return to their starting position. Repeat several times. You can have the players perform ball taps, scissors, hop over the ball, etc. while waiting for the coach to say Go! *You may want to do a round or two without the ball so the kids understand the movement.*

### **Focus:**

- Explosive first step
- Running with ball
- Controlled change of direction

Progress to



**The Game:** When the coach yells Go! Both groups dribble quickly to the line they are facing, do a quick turn run with the ball to the furthest line, need to get your head up to avoid a collision, do a quick turn return to your original starting position.