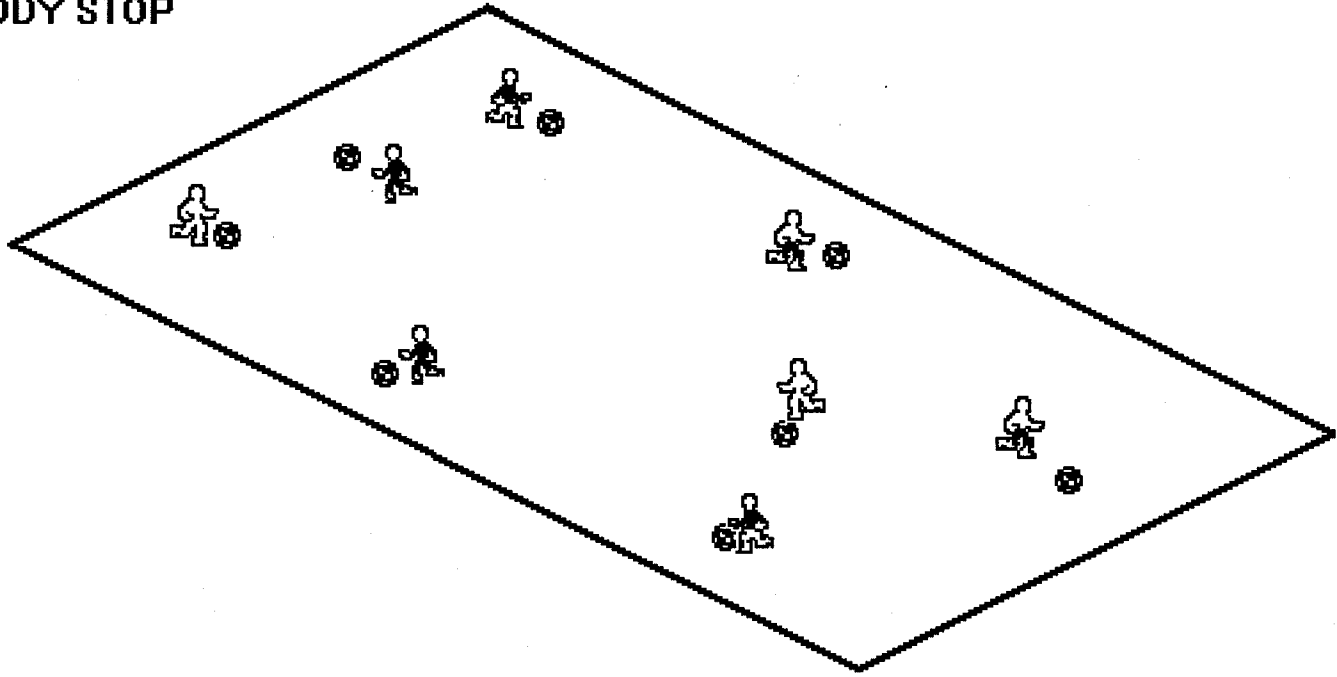


**BODY STOP****BODY PART DRIBBLE**

All players start with a ball and dribble in a confined space. The group leader calls out a body part, for example, "KNEES". Players must stop the ball with that body part as fast as possible.

Try: Head, elbow, heel, nose, left ear, etc... be creative!

**COACHING POINTS:**

1. Players should avoid collisions and control the ball.
2. Encourage moving at different speeds and in different directions.
3. Leader should vary timing of stoppages so players must work on reaction time and listening skills.