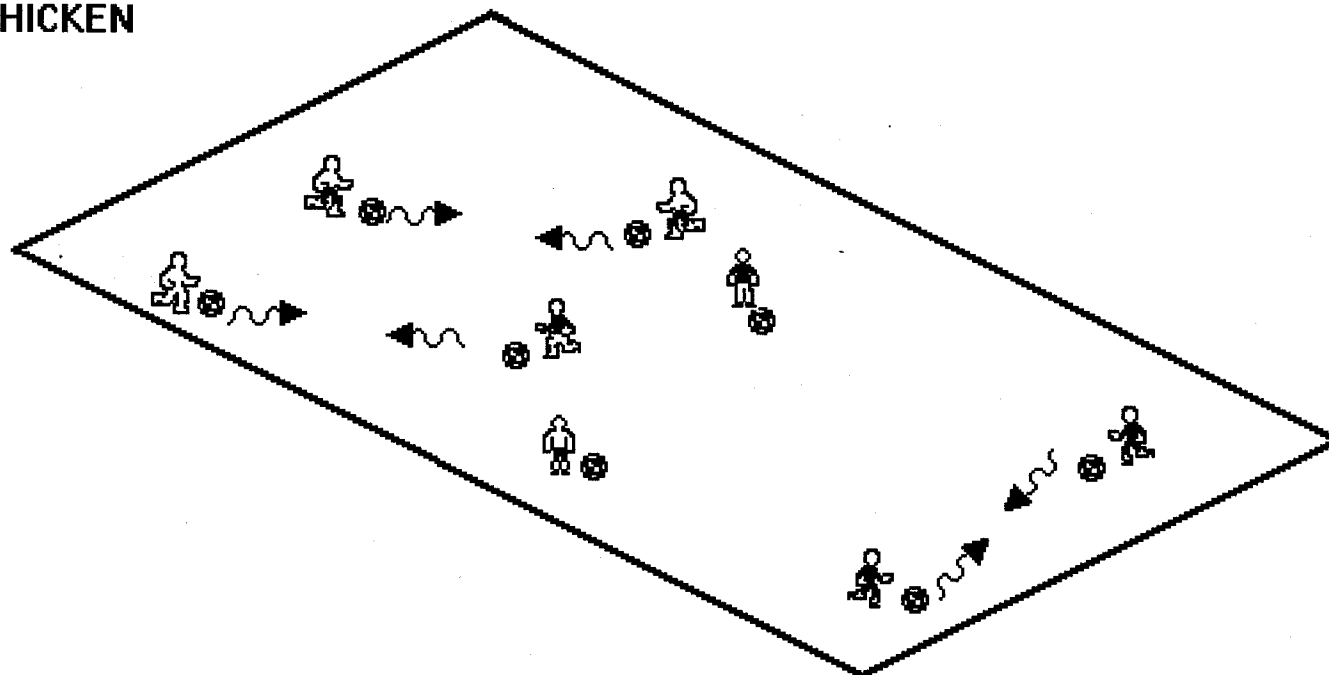


CHICKEN



CHICKEN DRIBBLING

Each player has a ball and play takes place in a gridded rectangular space. Players make eye contact with each other and dribble under control straight at each other. At the last possible moment, players avoid contact by going around each other with quick footwork. Players continue to dribble and seek another player to oppose.

COACHING POINTS:

1. Players should be moving fast, but under control. The object is to avoid contact.
2. Players must dribble straight at each other, not angle away.
3. As opposing players get closer to each other, smaller steps and more contacts with the ball will aid in control, but must be performed quickly.
4. While players seek opposition, they must keep the ball moving.
5. To improve players' vision, divide the field into two or three sections. Players must find challenges in other sections. This will help their vision away from the ball.