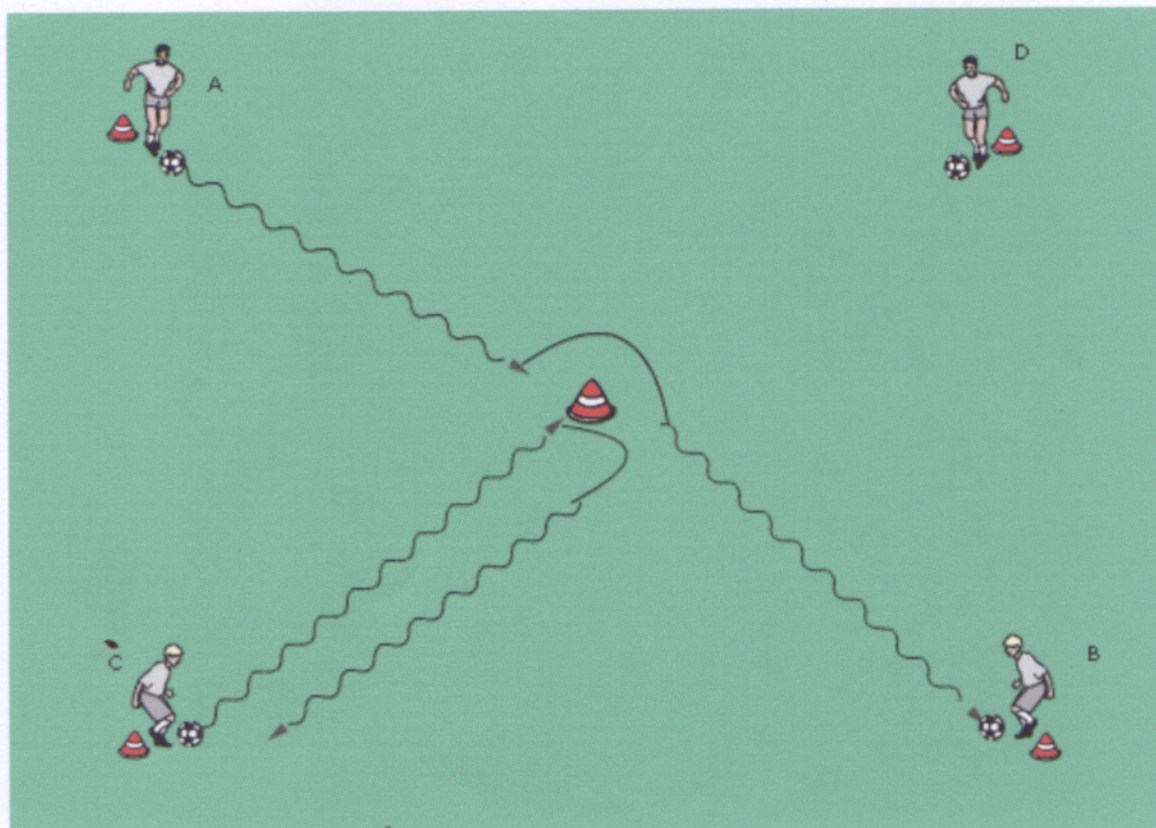


Dribbling Timing and Speed Level III



Players are assigned a ball and a cone.

Beating an opponent:

Player A and Player B attack the center cone simultaneously. At the center cone, they both execute a Core Skill and accelerate beyond the cone to diagonally opposite cone vacated.

Changing direction:

Player C and Player D attack the center cone simultaneously. At the center cone, they both execute a Core Skill, turning 180 degrees accelerating back to their original cone.

Coaching Points:

Timing of fake/ feint

Execution of fake/ feint

Acceleration after fake/ feint