

Tricky Feet

Get out in the backyard and practice dribbling with both feet.

Find whatever obstacles you can to “jungle up” the dribbling area. Then dribble through the jungle and knock over the cone on the other side. There’s one “obstacle” that shouldn’t be there……. Buster the dog! Better get Buster outside the playing area before you start!

Then try 30 seconds inside the “jungle” where you are trying to score points for “artistic impression” like a figure skater or a gymnast.

Remember to use both feet. And don’t dribble into any animals!

