



# Coaches' GAME PLAN



## Skills

### Crossover Dribble



Switch Hands

01



Cross the ball in front, switching from 1 hand to other at backward angle.



Close to Body at Knee Level

02



Keep dribble close to body and around knee level.



Change Lead Foot

03



Then change lead foot and body position to protect ball.



Accelerate

04



Accelerates toward intended direction.

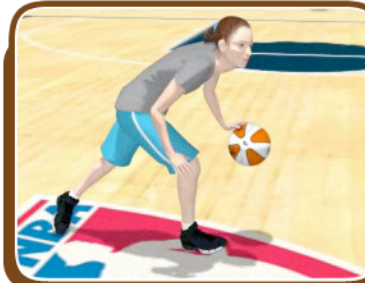


Head Up

05



She must keep her head up so she can see her teammates.



06



To master this move, be able to dribble with both hands.

## Notes:

Large empty box for notes.