

Dribbling - 10's & up



Station 1—Unopposed Skills

Organization: all players in 20 x 20 yard grid each with a soccer ball, ask them to perform as many turns and dribbles as they can

- 1 Step over turn
- 2 Double Scissors

Coaching points:

- A) Slow approach (have the ball under control)
- B) Bent knees (for balance and stability)
- C) Arms out for balance and protection of the ball
- D) Decision, when to perform technique (too close will be tackled, too far away, will not fool opponent)
- E) Execution of technique
- F) Fast away to escape opponent

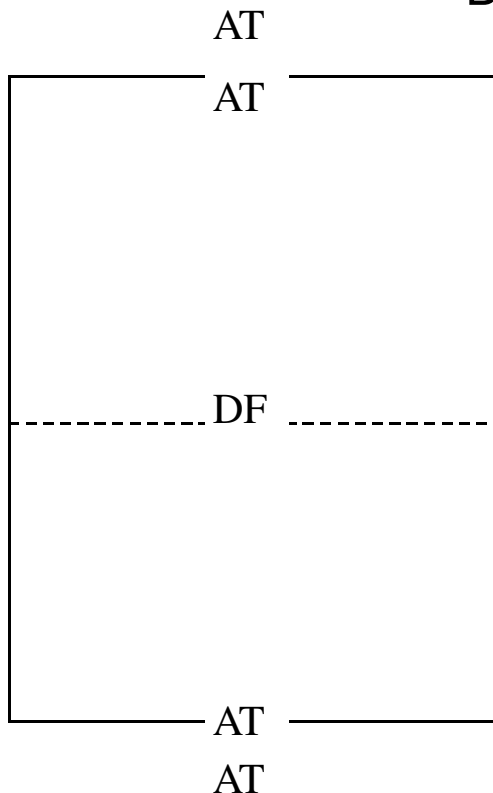
Progression

Take balls away from half the group, they are now passive defenders and cannot tackle but must get in the way of those with a ball so they have to perform the skill to get away.

FUN ACTIVITIES:

- **Red Light-Green Light** to introduce new moves. Red Light=stop, Green Light=dribble, Yellow=explode "Make a move!", explode for 5 steps, back on 'Green'.
- Have partners **dribble at each other**, make a move and explode away—adds some challenge.

Dribbling Drill with opposition



Organization: Two 20*10 yard grids with a halfway line on each where one d/f is situated. (two so that kids are not waiting in line for too long)
D/F plays ball to attacker who then tries to dribble past the defender. The defender can only move along their line once past the d/f, play ball to opposite attacker and the process starts again

Coaching points:

- Ball out of AT feet
- Head up and observe position of DF
- Steady approach
- Decision, where to do trick
- Decision, which trick, be clever
- Technique and execution
- Fast away

Progression

As before, but defender can now move into the front grid once the attacker has had their first touch. They still cannot pass the halfway line though.

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Station 2 - Shielding

Introduce the Technique of Shielding: to keep the ball from a defender. (See Coaching Points below).

- With partners, practice the technique and explain the importance. When you have a defender on you and you can't turn, you keep the ball by shielding until you get the chance to turn or pass.

Fun Activity:

Knock-out—pick a player to be the first defender in a 10 x 15 grid (adjust field size based on # of players)

Defender kicks the balls outside the grid. If a player loses his/her ball out of the grid, he/she is now a defender too. Keep going until the last player is left.

Option #2: Form 2 teams. Time the team with the balls for how long they can keep possession before the other team kicks them out of the grid. Switch roles. Keep repeating to improve the time.

Organization: Groups of 4, 10 yard wide by 20 yard grid

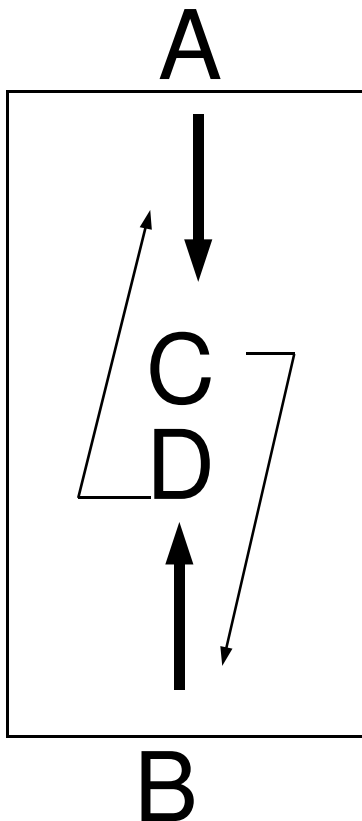
- A plays the ball to C who has to shield the ball from D for 5 seconds.
- C must try to turn with the ball and pass the ball to B
- B then plays the ball into D, who must repeat the exercise

Coaching points

- A) Receive ball in a sideways position (makes body longer and keeps ball further away from defender)
- B) Receive ball on furthest foot away from defender and keep it on furthest foot away.
- C) Arm out to keep defender at a distance
- D) Knees bent, for balance and maneuverability
- E) Manipulate the ball with sole of the shoe as well as the inside and outside
- F) Look to turn quickly and get pass away fast

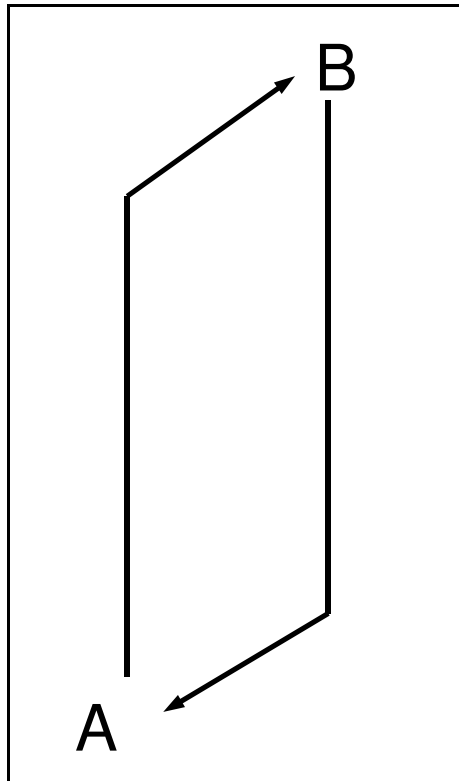
Progression (s)

Must shield the ball for longer,
Passer of the ball must enter the play after five seconds to combine with the shielder to get the ball to the end line





Station 3 - Running with the ball



Organization: groups of five or six (ideally) half as many balls as participants 40 x 20 yard grid
A dribbles the ball down the grid and passes to B, who does the same thing

Coaching points:

- Ready stance (not flat footed)
- Good first touch out of feet
- Contact with ball should be with the laces of the nearest foot to the ball
- Look down at the ball when making contact with it, then up at the field when not
- Take as few touches as possible (4-5 over 40 yards is about right)
- Good execution of final pass

Progression

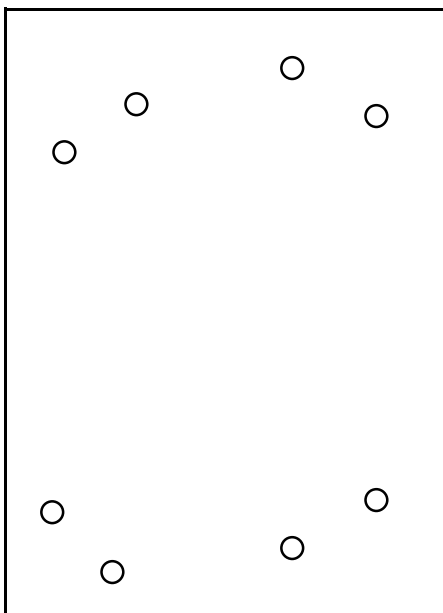
Passive defender must run along side or behind person with the ball to put pressure on the skill.

Fun Activity:

Cowboys/girls & Wild horses:

Wild horses with a soccer ball must dribble from one side to the other without being caught by the cowboy/girl. If caught, they become a cowboy/girl too. Start from the other side and come back. Keep going until there's one left.

4 goal attack game



Organization: two equal teams compete in a playing area with four gates in the corners (see diagram) the idea is to dribble through the gates and pass the ball to a teammate to retain possession.

You cannot score in the same gate twice

Coaching points

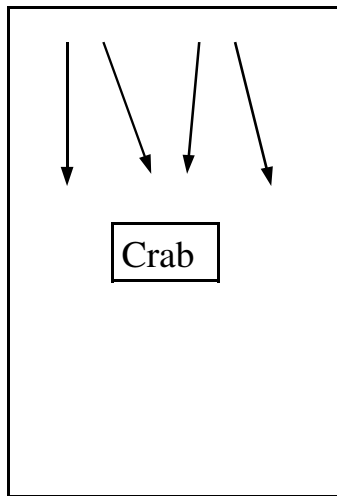
- A) Look for open gates
- B) Speed Dribble when there is lots of space in front of you
- C) Keep your knees bent and your arms out to protect the ball
- D) Keep the ball close to your feet with lots of small touches as you get closer to the gate or a defender.
- E) Look up as well as down at the ball to observe positions of defenders and teammates
- F) get a pass away quickly to someone once you have dribbled through a gate to retain possession for your team.

Progression (s)

Say that the goal only counts on the completion of a pass to a teammate after dribbling through a gate

More - Dribbling games

All other players



Crabs on the Beach (see left)

Organization: all players at the end of the grid with a ball each one person in the middle.

Players must dribble from one end of the grid to the other without getting their ball kicked out of the grid. If they do, they join the middle person.

Restrict movement of middle players—play like crabs on their hands and feet, on one leg, can only move sideways etc...

Escape game (see below, left)

Organization: 1/2 players with balls inside a 5*5 yard grid other players without balls spaced around outside grid. On the coaches command, the players with the balls attempt to dribble to the outside of the big grid, (around 20*20) if the players get tackled, they join the outside players.

Coaching points (both games):

- Ball out of feet
- Head up and observe position of opponent
- Steady approach
- Decision, where to do trick
- Decision, which trick, be clever
- Technique and execution
- Fast away

Progression

Decrease the amount of restriction placed on the defenders.

