



# PLAY – DRIBBLING THE BALL

## Focus: Dribbling the ball with both feet.

### Explanation

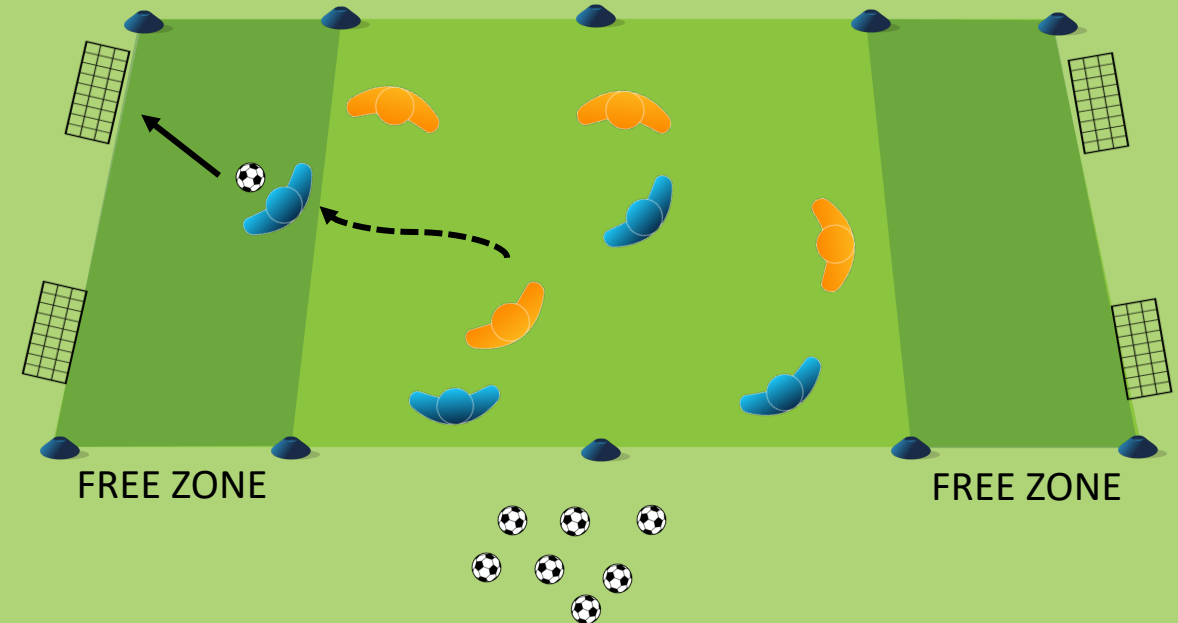
- Have an area set up so that as the players are arriving, they can get straight into a game.
- It might start off as 1v1, 2v1, 2v2, 3v2 and build as they all arrive to the practice.
- Once all the players are there, arrange them into two even teams.
- Add a free zone at the end of each side of the pitch.
- If a player dribbles the ball into the 'free zone', they cannot be tackled.
- Once a player is in the 'free zone' with the ball they have 3 seconds to score.

### Coaching Points

- Use the inside of your foot to receive the ball.
- Take small touches as you dribble the ball, then a bigger touch into space.
- Once you enter the 'free zone' take a small touch to set up your shot.

### SO-CHANGE-IT

- Uneven numbers? Add in a Joker/Secret Agent player.
- Add or remove goals depending on how many players you have.
- A defender can now enter the 'free zone' or remove the 'free zone'.





# PRACTICE – DRIBBLING THE BALL

## Focus: Dribbling the ball with both feet.

### Explanation

- Using the same area as the part one, remove the goals for now.
- On the coaches call players are to dribble through the gates in the area and count how many gates they can run through in 1-minute.
- Add in a competition, if needed, to see who can get through the most gates, either beating a teammate or their own previous score.

### Coaching Points

- Keep the ball close to your feet using small touches.
- Use different parts of your feet to move the ball (inside and outside of the foot).
- Can you use both feet to move the ball in the direction you want to move.
- If your teammate has the ball, can you be nearby to help if needed.

### SO-CHANGE-IT

- Left foot, right foot, both feet.
- Larger area, more gates.
- Must change gate colour each time.
- Pink gate = outside foot, Yellow = Inside foot, Orange = Opposite foot.

### Repeat Play

- Return to the first game set up for the last part of your session.
- Are the players more confident at dribbling the ball?

