



PLAY – DRIBBLING THE BALL

Focus: Developing players ability to dribbling the ball

Explanation

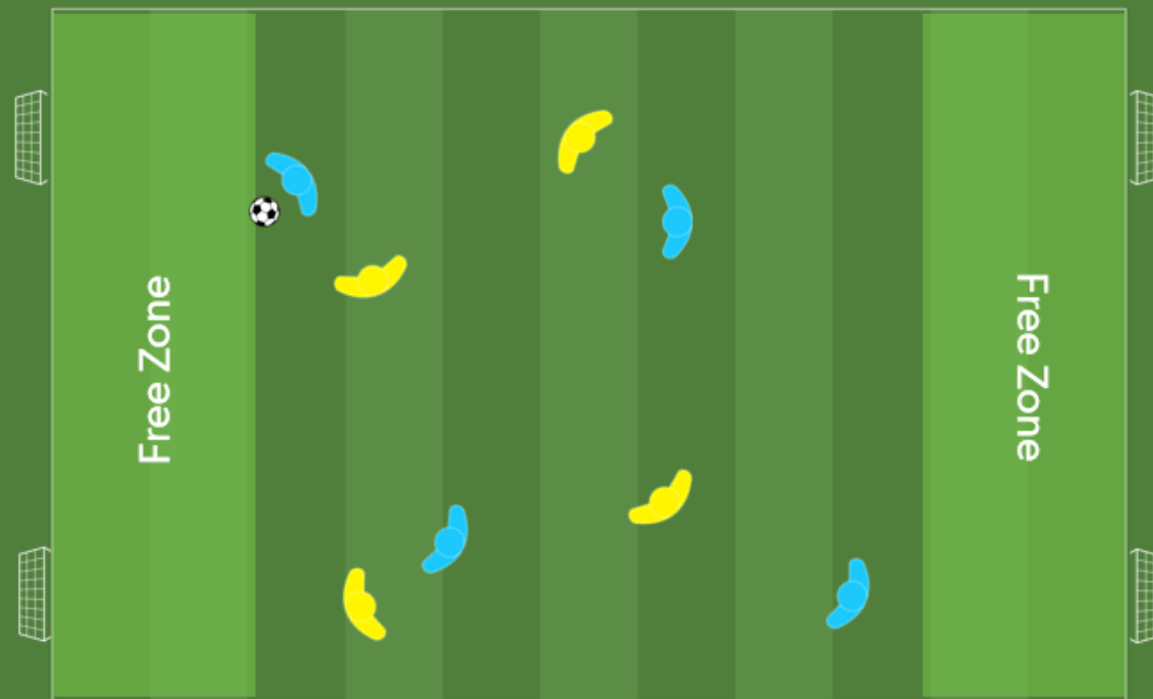
- Have an area set up so that as the players are arriving, they can get straight into a game.
- It might start off as 1v1, 2v1, 2v2, 3v2 and build as they all arrive to the practice.
- Once all the players are there, arrange them into two even teams.
- Play a game using the larger middle area as the playing zone.
- Have a 'free zone' at each end. If a player dribbles the ball into the 'free zone' then they can take a shot at goal without being pressured by a defender.

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

- Uneven numbers? Add in a Joker/Secret Agent player.
- One defender could drop into the 'free zone' to create a 1v1 in that zone.
- Add or remove goals depending on how many players you have.





PRACTICE – DRIBBLING THE BALL

Focus: Developing players ability to dribbling the ball

Explanation

- Using the same area as the part one but remove the goals out for now.
- Place cones as show to create four different coloured corners.
- Players have a ball each and dribble the ball around the area.
- The coach can call out different ways for the players to dribble the ball.
- left foot/right foot only, both feet, outside foot, inside foot, laces.
- As the players are dribbling around the area, the coach shouts out a colour, and the players dribble with the ball as quick as they can to the corner called.
- Role model certain positive actions and behaviours that you see by having players/coach demonstrate.

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

- Add a central square where all the balls are kept, players move around the area and on the coaches call they grab a ball (using their feet) from this area and dribble it to the coloured corner called.
- Don't have enough coloured cones? Name the corners instead.

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?

