

Practice 4: Master Dribbling

Practice Activities

Dribbling and Ball Control at your feet is another key skill. The ability to dribble well allows you to find open space to pass or shoot.

1. Warm ups / Coerver Touches, HowTo [20 min]
2. Drills [30 min]
3. Game Situational Drills [15 min]
4. Small Sided Game [20 min]
5. Sprints [5 min]

1 Warm Ups

Run the **GATE DRIBBLING** drill until everyone arrives and for a few minutes after.

Time: 2 minutes

Gate Dribbling

Setup 2-4 square areas about 6x6 yards. Then add one of each colored gate to the squares (ideally 4 gates per square each a different color). The cones for each gate should be about a yard apart. The goal is to have the players dribble through the each colored gate in each zone once. First one to complete all gate in each zone wins.

Time: 3 minutes

Theme of the Practice

Perfect Dribbling!

Importance of Dribbling:

- Dribbling sets up everything.
- Creates space to pass.
- Creates space to shoot.
- No offsides.
- Can attract or freeze defenders to allow your teammates to find open space.

Issues with Dribbling:

- Dribbling moves the ball slower than passing or running.
- Attracts defenders (can be a positive - see above).

Time: 10 minutes

Captain Led Warm ups / Coerver Touches (10 min)

Warmups

1. Jog to the 18 yard line and back twice with your ball (inside cut first time, outside cut the second),
2. Side-Step to 18 yd line and back twice,
3. Butt Kickers to the 18 yd line and back twice,
4. Jog Backwards to the 18 yd line and back twice.

Touches

1. Toe-Touches (20 count alternating feet).

2. Pull back and Push Forward (10 each foot).
3. Side to Side or Pendulums (20 count).
4. Triangles (10 each foot).
5. Pullback-Behind (20 count).

2 HOWTO:

HOWTO: Dribble (5 min)

Review these elements prior to beginning the dribbling drills so its fresh in their heads.

Methods of Dribbling:

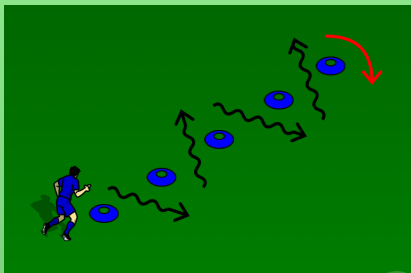
1. Inside of the foot - used for control, turning.
2. Outside/Laces of the foot - used for speed and balance.

Demonstrate running with inside of foot facing forward vs. running with outside or laces forward.
Have the boys try running both ways and ask which methods allows them to run faster?

3 Drills

Time: 10 minutes

Cone Weave Dribbling



Drill Description: Dribble around 6 cones about 1 yard apart, using only the inside portion of the foot to make cuts. Ends are different color, orange inside cut, green outside cut. Players should focus on using 3 touches to make the turn around the end cones.

Advanced - use only the outside of the foot or alternate inside foot one direction, outside foot when traveling the other direction.

Coaching Points:

- Go slow at first and work up speed as control increases.
- Control should be the focus of this drill. As control increases, increase speed.
- Players should always be on their toes, no standing flat footed.
- Its better to have 3-5 small controlled touches around the last cone than 3 large out of control touches.

Time: 10 minutes

Straight line dribbling at speed (10 min)

Drill:

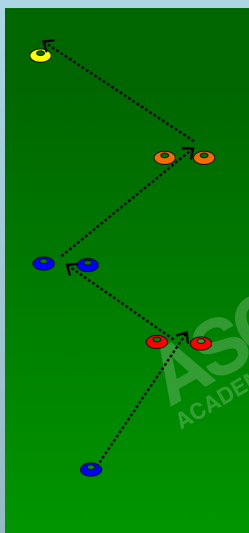
1. Use the outside of the foot or laces to push the ball forward 2-3 steps in front of you.
2. Continue until half field then make a turn inside cut and back to the end line.

Coaching Points:

1. Go slow until and get used to the feel of dribbling this way.
2. Increase speed as it begins to feel more natural.
3. Focus on your touch and timing as you approach the lines and try to make that cut right on the line.
4. Can you beat coach?

Time: 10 minutes

Gate Dribbling (10 min)



Drill Description: The object is to dribble at full speed through 3 narrow gates set in a zig-zag pattern about 6 to 10 yards apart. The gates should be about a yard wide or less depending on dribbling skill of the group. Once they explode past the yellow cone, they jog back to the end of the line. Use speed dribbling technique.

1. Players start at blue gate
2. Then dribble the ball through the gates.
3. Once they dribble through the orange gate they explode past the yellow cone.
4. Then jog back to the end of the line.

Coaching Points:

- When first starting, it will help to focus on proper technique over speed. Increase the speed as the their technique improves.
- Technique uses top outside of the foot, toe down, pushing the ball forward 2 or 3 steps.
- Set width of of the gate based on skill.

4 Game Situational Practice

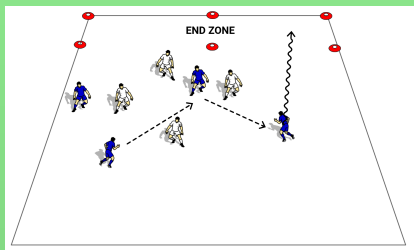
Time: 15 minutes, Started by 6:20PM

Endzone Soccer (Dribble)

Goal: Learn to recognize open space and how to attack that open space and beat a defender. Learn to know when to pass as defensive pressure builds around you.

Drill Description:

1. 4v4 Small sided activity.
2. The goal is to dribble the ball into the end zone under control and stop the ball.
3. Only the person with the ball can enter the end zone unless the defender is backed into the endzone by the attacking player.
4. Once the ball is stopped in the endzone that team scores and the other team gets the ball at the top. (Scoring team enter end-zone and pass ball to attacking team at the opposite side of the box to start the next game).
5. If the defending team steals the ball they become the attackers but must pass the ball at least once before entering the endzone.
6. Any out of bounds plays result in the defending team winning the ball, unless the defending team kicks the ball out the back of the end zone.
7. If the attacking team passes the ball into the endzone the ball is dead and awarded to the defending team.



Coaching Points:

- Look to exploit open space in front or behind the defender.
- Use and try moves to beat the defender.
- Learn how to time these moves, usually they need to happen sooner than one thinks.
- Learn to feel the defensive pressure and passing to an open teammate.
- Learn to keep your head up and find an open player.

5 Game

Small Sided

Start Time: 6:35 PM Time: 10 minute halves.

Size: 4v4 or 5v5.

Express:

- remind them about the practice: dribble into open space,
- dribble to pull defenders away from teammates,
- Look to beat a defender and shoot or pass.
- Funnel Positioning.
- Go outside on our defensive half.
- Pass quickly down sidelines or into open space.
- Avoid passing backward.
- Make a pass early or move early.

6 Close

Sprints

Escalation sprints while dribbling, sprint dribble to 15 yards and back, 30 yards and back, 45 yards and back, then 60 yards and back.

Slowly dribble around the border of the 19 yard box to cool down.