

Topic: Dribbling

Goal: Increased touches of the ball, players comfortable dribbling, stopping the ball, using all parts of both feet

Objectives: Develop comfort and familiarity with the ball, changes of direction and exploring different parts of feet

Technical Aspects Covered: Dribbling technique, stopping the ball, changes of direction

Warm-Up Games



Description: As players arrive get the players right into the drill. All players have a number and upon hearing their number called will run around their goal and into a 1v1 to goal. Players can score in either goal.

Progression: Coach shouts more numbers and creates 2v2s, 3v3s

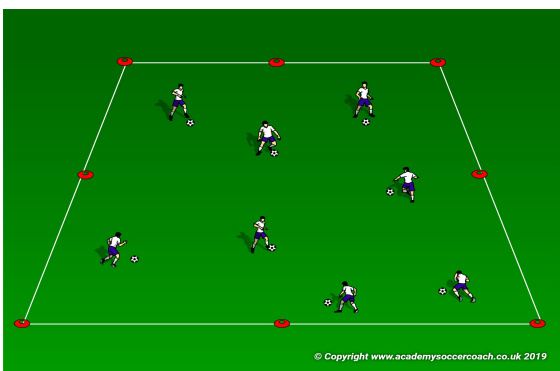
Duration: 15-17 Mins

Intensity: High

Coaching Points: Close control dribbling

- Head up to see defender
- Look to beat the opponent
- Accelerate into space, take the shot when you see the opportunity

Individual Ball Mastery



Description: Individual ball mastery – Players moving around with ball at their feet using both feet. Every few touches they must perform a dribbling move or turn followed by an acceleration. Coach should look to introduce 3-5 dribbling moves/turns throughout this time.

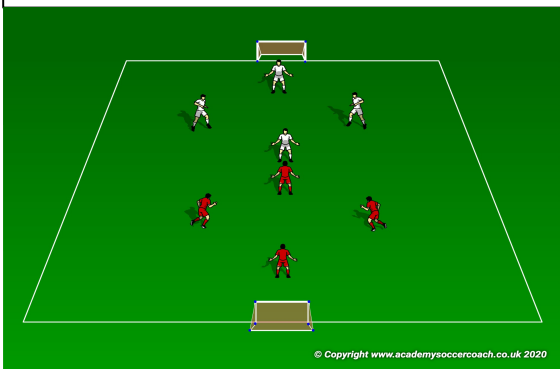
Progression – Players continue to move around with the ball and now score a point every time they can spot a space between 2 players and accelerate through the gap without losing control and/or crashing into another player. Play for 2 minutes and keep scores to ensure high tempo.

Duration: 8 mins

Intensity: Medium/high

Coaching Points:

- Encourage players to use both feet and all 6 parts of their feet – inside, outside, heel, sole, laces and toe (yes, toe!)
- Head up and scanning the field, checking shoulders constantly to spot the spaces
- Accelerate into the space with ball under control using laces to push ball out of feet so as to not break stride
- Test self with both feet, particularly performing dribbling moves and accelerating



Description: Small sided game between two teams 4 players per side. Players should be given positions, 1 defender, 2 midfielders, and 1 attacker. After 5 minutes sub 1 player into defense but take the right midfielder off. When this occurs the defender will go to left mid, the left mid will go to the attacker, and the attacker will go to right mid. Adapt this rotation/substitution based on the number of subs.

Duration: 30 Mins

Intensity: High

Coaching Points:

- Look for opportunities to dribble and take space
- Can players recognize these opportunities?
- Can we dribble under control?