

Topic: Dribbling & Passing

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

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, passing accurately

Warm-Up Games

Description: All players with the ball except for two taggers who are without a ball. When the coach says go the players will begin dribbling around while taggers try to tag them. If a player is tagged then they hold their ball above their head and open their legs. The only way a player becomes unfrozen is by having a ball passed through their legs.

Players should look to use skill moves, and acceleration to stay away from the taggers.

Duration: 15-17 Mins

Intensity: High

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.

Dribbling moves: Pull Back, Step Over, L-turn, V-Turn, & Inside/Outside Chop.

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?
- Can we pass to another teammate accurately?