

Dribbling Sessions Table of Context

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Dribbling Training Sessions

BASICS

Session – Dribbling Unopposed and Opposed Session 1

Dribbling - Technical (Not Pictured)

Organization:

20x20 square

2/3 players in each corner of the square

Multiple cones in the center of the square acting as an obstacle that players must dribble through

Rules:

All 4 players at the front of the line dribble into the middle, through the cones, out the other side and pass the ball to next person then join the back of the opposite line.

Players not only have to deal with the cones but also the chaos of 3 other people in a tight space.

Progression:

-Add in a passive defender in 10yds away from each corner line so players must take on the defender before they enter the coned area.

-Make passive defender live and they can cover any part of the square.

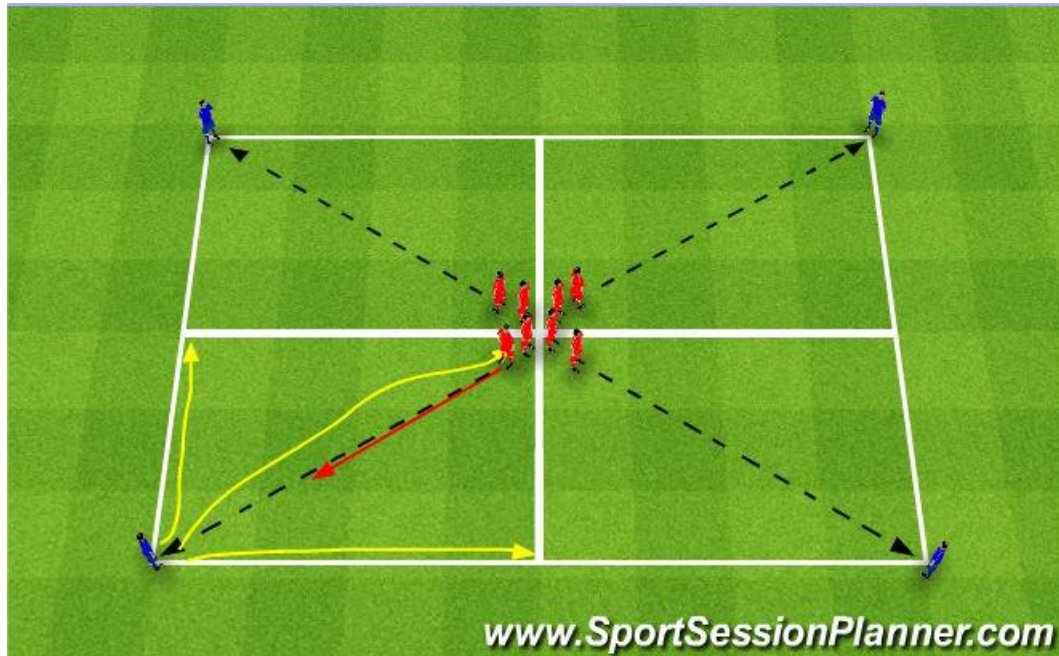
Focuses:

Parts of the foot to use to dribble

Ball close to feet with head up

Change of direction and change of pace

First touch



Dribbling - Opposed (pictured above)

Organization:

Split the 20x20 Square into four 10x10 Squares.

Four Players start on the Middle Cone with a ball.

Four Players start on the diagonal cones opposite.

Rules:

Session – Dribbling Unopposed and Opposed Session 1 (Continued)

Middle Players pass the ball to the outside player. When the outside player takes their first touch, play is live, and the middle player can start to close down. To score a point, the outside player must dribble to either of the three corners and stop the ball. If the defender wins it back, they can dribble to a corner and try to score.

Focuses:

Parts of the foot to use to dribble
Ball close to feet
Head Up
Change of pace
Change of Direction
Decision Making
When & where to dribble



Dribbling – small-sided game (Picture Above)

Organization:

20x30 yard area.
Two 5x20 yard channels at either end.
4vs4 in the area.
1 Neutral player.

Rules:

To score a goal, players must dribble the ball into the end channel and stop the ball. The neutral player cannot score. Once a team has scored, the opposition starts with the ball from their own end channel.

Progressions:

-Multi-Directional - Once a team has scored, they keep the ball and try and score at the other end
-Neutral Player can score

Coaching Points:

Player's decision making on when and where to dribble

Session – Dribbling Unopposed and Opposed Session 2



Warm-Up: Dribbling Foundation (Picture Above)

Organization:

12 Players with a ball each in a 40x60 yard (open) grid.

Instructions:

The Coach will explain 3 different dribbling techniques (below).

Coaching Points:

"Painting the Picture" of each of the techniques:

1. Head up looking to get into the gaps using small, quick touches with the Pinky Toe (outside of the foot).
2. Head up to recognize when there's no gaps/space, then change of direction (12 o'clock to 6 o'clock), ball comes out of your feet, and then head and eyes up getting into the new space.
3. Head up to see when there's a lot of space in front of you, then big touch to accelerate and get your head/eyes up and attack the space.



Session – Dribbling Unopposed and Opposed Session 2 (Continued)

Technical Unopposed (Developmental Repetition) (Picture Above)

Organization: x3 Grids (for 12 Players)

Three Grids with 4 Players each with a ball in a 15x25 yard grid.

Instructions:

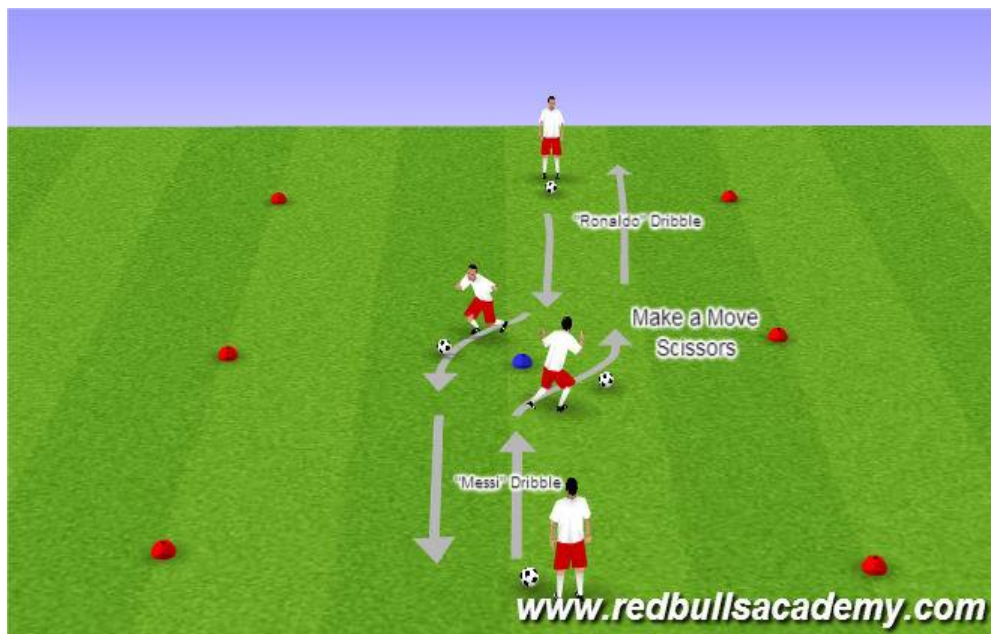
Players look to dribble ball to middle of grid where they look to perform a move: the Scissors against the center cone, then drive to the end of the grid, make a change of direction, then drive back to the starting end zone to repeat activity.

Coaching Points:

- * Messi touches (dribbling) before moving.
- * Execution of the Scissors: make it look like you're going to make a touch with the outside of your foot.
- "Sell" it using your body.
- * Final touch out of feet to accelerate away.
- * Head up out of move to help with next decision.

Progressions:

Players will execute one rotation with their Right foot and then one rotation with their Left foot (alternate the foot they use).



Technical: Semi-Unopposed 1v1 (Picture Above)

Organization:

Three Grids with Groups of 4 Players in each grid, each player with a ball.

Instructions:

2 Players on each end zone facing the center cone. First two players on each side make eye contact to start dribble with the Left foot to center cone. Before reaching cone, both players make the "Scissors" move with the Left Foot and push the ball to the opposite direction (Right side). Players drive to end zone and get back in line.

Coaching Points:

- * Eye contact at the start helps to recognize when your partner is ready and to make a connection.

Session – Dribbling Unopposed and Opposed Session 2 (Continued)

- * Head and eyes up to recognize when to make the move.
- * Take a small touch prior to making the Scissors move as a "Prep Touch".
- * "Sell" the Scissors move by keeping your foot low and making it look like you're taking a touch with the outside of your foot (use your body to help "sell" the move).
- * Big touch to get ball out of your feet to accelerate away, get your eyes up and to help make the next decision.

Progressions:

- * Start with Left Foot Scissors going to the Right Side.
- * Switch to go with Right Foot Scissors going to the Left Side.
- * Add "Inside Scissors" (or "Double Scissors" or "Scissors Cannon") to increase difficulty.



Technical: Opposed (Conditioned Game) 1v1 (Picture Above)

Organization:

In a 15x25 Yard Grid, players play 1v1 to two gates (Yellow & Blue).

Instructions:

- * Player "A" Passes to Player "B" and then defends the two gates on his end zone. Player "B" receives ball and attacks the opposite side end zone gates and can score by two ways: 1) Attacking player can score 1 point every time they execute a Scissors against a defender when close (example: you do 3 scissors against a defender, then you get 3 points); 2) Attacking player can score 1 point by dribbling the ball with control through either the Yellow or Blue gates.
- * If a Defending player wins possession of the ball, then they become the Attacking player and can score the same way a normal Attacker can score.
- * If ball goes out of bounds, then the game is over.
- * Players will switch lines after each game (A goes to the B & vice-versa), regardless of the result.

Coaching Points:

- * Head up for the Attacking player before they receive the ball to recognize what decisions to make with their 1st touch, get into the attack and when driving at the Defender.

Session – Dribbling Unopposed and Opposed Session 2 (Continued)

- * Use the idea of having the option of going to either gate to unbalance the Defender, namely with the Scissors move (remind players it's an easy way to score a point).
- * Try to "sell" the Scissors (or any other moves) by using your body to really get the Defender to "bite".
- * Can you take a big touch to accelerate once you get even/behind the Defender to create separation.
- * Head up to ensure you see the gate to score your point.

Progressions:

Players switch lines after each game, regardless of the result. Coaches keeps track of the players scores and determines a "winner" of the 1v1 Challenge. Coach has the option of also switching around players from grid to grid to change the competitive environment.



Small-Sided Games Tournament 3v3 (Picture Above)

Organization:

3v3 Small-sided tournament games: 4 teams of 3 players each team. 2 fields of 30x40 yards with 2 Pugg Goals on opposite end lines.

Instructions:

4 Teams of 3, play 3v3 tournament style format where each team will play one another. 3 points for a win, 1 point for a tie and 0 for a loss. Each game should be approximately 6-8 minutes in duration (obviously play a 3-game tournament).

Coaching Points:

- Review of session's learning outcomes being translated into the game
- 3 lines of attack
- Creating diamond (gives angles of support)
- Making diamond as big as possible (Creating space)
- Identifying any numbers up situations

Session – 1v1 Moves



1v1 Moves (Picture Above)

1. Pull Back
2. Chop
3. Stop and Go
4. Inside Hook
5. Outside Hook
6. Step Over/Scissors



1v1 Lose your man (Picture Above)

Session – 1V1 Moves (Continued)

Play 1 v1 against opponent using the moves you practiced above

Objective is to beat the player 1v1 and dribble through the goal (no shooting)



1v1 Pressure from behind (Picture Above)

Red player starts behind the blue wall and shows for the ball on an angle to receive and turn.

Once the ball is passed the yellow defender runs out to defend and prevent the receiver from scoring on the ONE POINT gates to the left and right or the TWO POINT endzone

If defender steals the ball, he dribbles to the opposite red end zone

Rotation:

Passer becomes receiver

receiver becomes defender

defender becomes passer

Coaching points:

Show for the ball with body shape sideways on

look over your shoulder before receiving to determine space

show with speed

positive first touch out of feet

firm pass from the passer

Defender close down space as quickly as possible

deception and fakes to beat the defender 1v1

defender - counter with speed upon regain

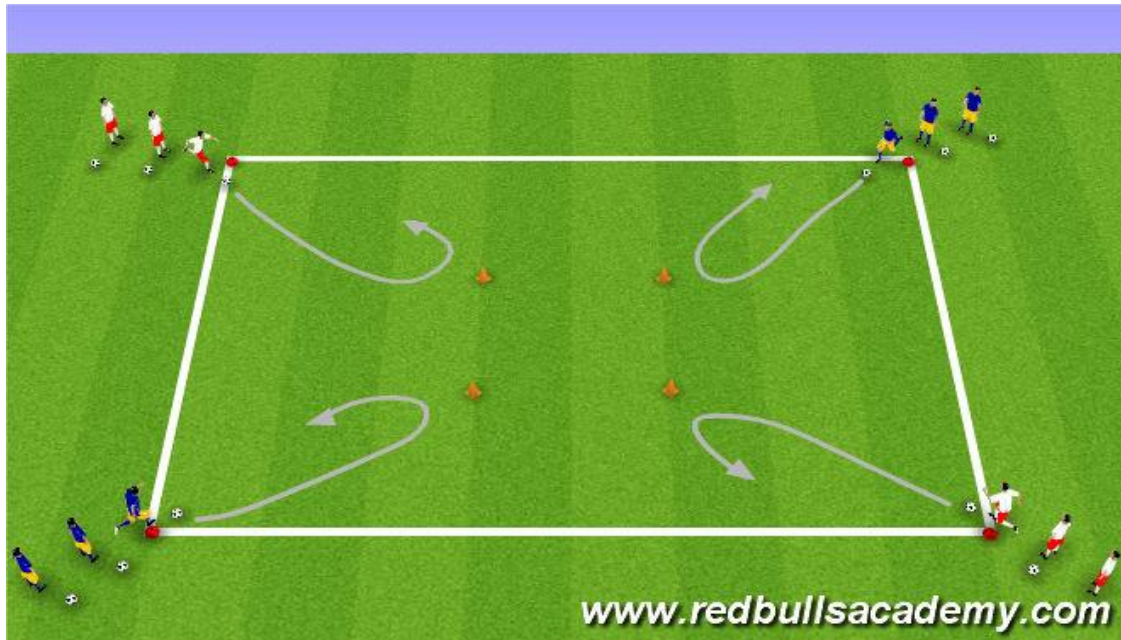
Intermediate-Advanced

Session – Change of Direction Session 1

Inside Cut Turn and High Wave

Learning Outcomes

1. Introduce inside cut turn to change direction.
2. Introduce high wave (stop-start).
3. Improve ability to disguise stop-start and turn.
4. Improve ability to exaggerate movements.
5. Improve mentality to attack space under control.



Technical Unopposed (Picture Above)

Organization:

1. Players set up as shown.
2. Every player with a ball.
3. Central cones 12yds from corners.

Instructions:

1. First player from each line dribbles to middle cone.
2. Upon arriving at middle cone, player performs inside cut turn.
3. Player accelerates back to the start.
4. Next player repeats the process.

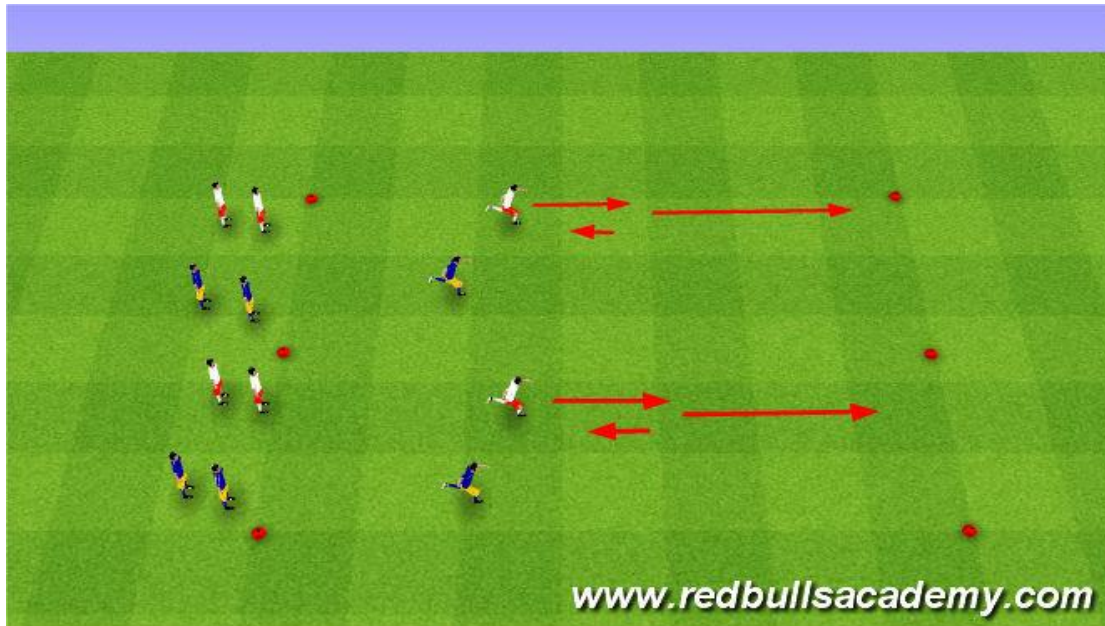
Coaching Points:

1. Head up to observe space.
2. Weight and direction of first touch.
3. Keep ball close- Messi touches.
4. Slow down on approach to cone.
5. Accelerate out of turn, picking head up.
6. Technical execution of inside cut:
 - * Step to side of ball with non-kicking foot
 - * Pivot on that foot
 - * Use inside of opposite foot to cut ball back

Session – Change of Direction Session 1 (Continued)

Progressions:

1. Ensure players work on both feet.



Technical Unopposed 2 (Picture Above)

Organization:

1. 20x15 channels.
2. Players evenly distributed.
3. Two groups running at once.

Instructions:

1. One attacker and one defender.
2. Attacker looks to cross finish line arm's length ahead of the defender.
3. Defender looks to stay as close as possible to attacker.
4. Player's switch roles every time.

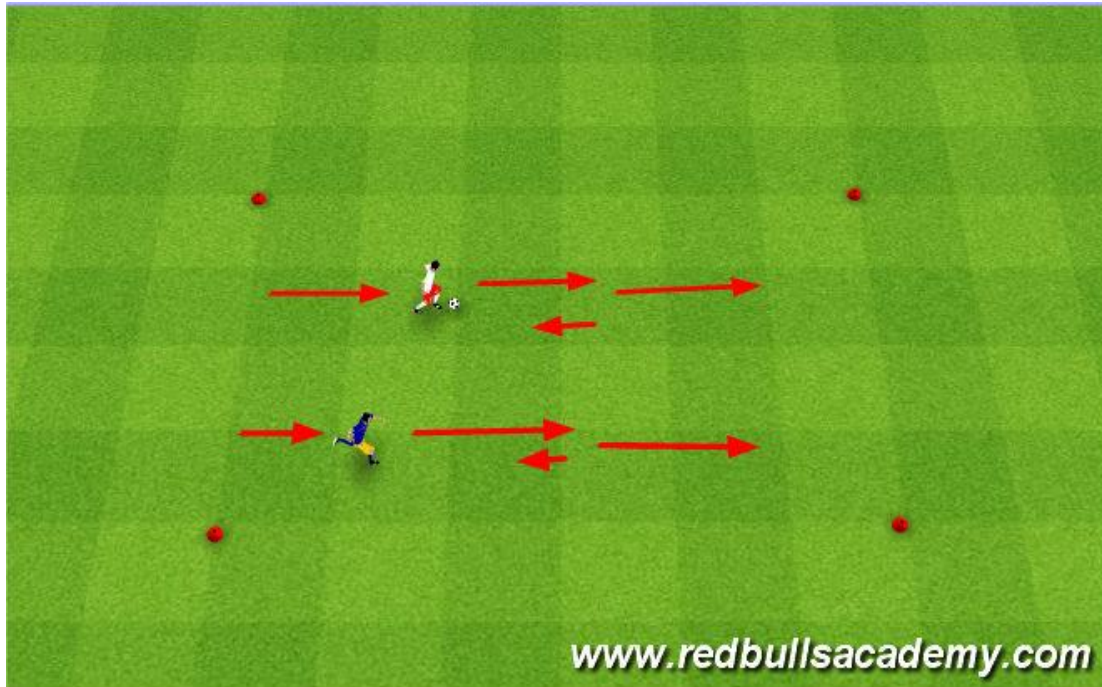
Coaching Points:

1. Attack space at speed.
2. Recognition of defender's position.
3. Defender behind you - accelerate forward
4. Alongside you (space ahead) - pretend to turn but keep going forward.
5. Alongside you (space behind) - turn/change direction.
6. Defender ahead of you - turn/change direction.

Progressions:

1. Add time limit.

Session – Change of Direction Session 1 (Continued)



Technical Semi – Opposed (Picture Above)

Organization:

1. 20x15 channels.
2. Players evenly distributed.
3. Two groups running at once.

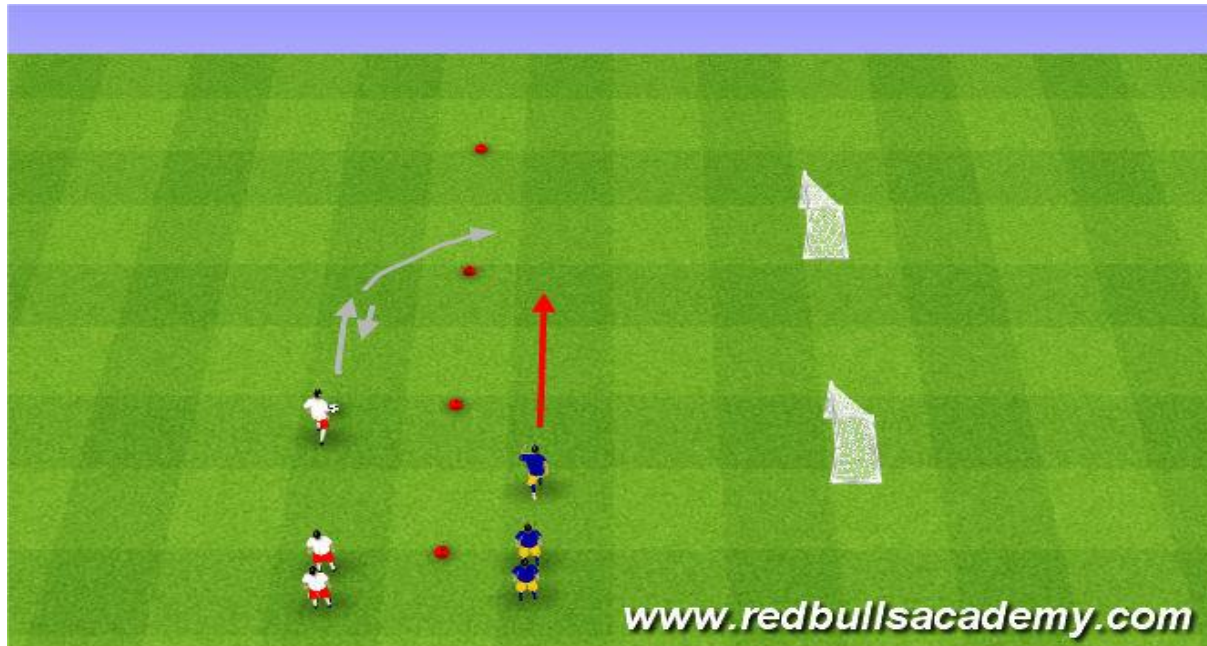
Instructions:

1. Attacker's dribble with defenders running alongside them, perform a stop start and continue to end. 2. At end, attacker turns, performs another stop start in the middle (this time with opposite foot).
3. Player's switch roles when they get back to the start.

Coaching Points:

1. Head up to observe space/defender.
2. Exaggerate movements to sell defender.
3. Weight and direction of final touch.
4. Acceleration out of stop-start and/or turn.
5. Technical execution of high wave:
 - * Fake to cut ball back with inside of foot
 - * Allow ball to continue forward
 - * Push ball forward with laces

Session – Change of Direction Session 1 (Continued)



1v1 Opposed (Picture Above)

Organization:

1. 30x20 area.
2. Two lines as shown.
3. Two goals at corners as shown.

Instructions:

1. Attacker looks to get across defender's line before finishing on goal.
2. Defender is live on attacker's first touch.
3. Rotate roles after 2-3 minutes.

Coaching Points:

1. Attack space ahead (bigger 1st touch).
2. Head up to see defender's position.
3. Protect ball (put body between defender and ball).
5. Positive shooting mentality.

Progressions:

1. Allow defender to counter after winning ball by crossing attacker's line.

Session – Change of Direction Session 1 (Continued)



3v3 Free Play (Picture Above)

Organization:

1. 30x20 area with goals.

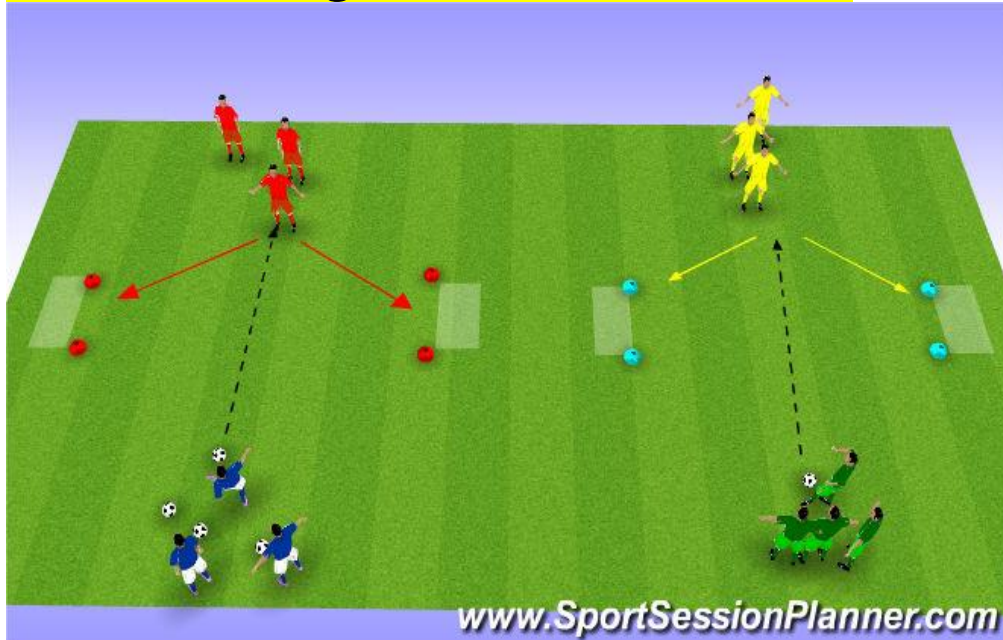
Instructions:

1. Free play.
2. Restarts: kick-ins or dribble in.

Coaching Points:

1. Three lines of attack.
2. Angles and distance of support.
3. Decision-making of player on the ball.

Session – Change of Direction Session 2



1v1 Change of direction (Picture Above)

Blue passes to red

red has to beat the blue player 1v1 to score on goal by faking and changing direction

coaching points

- show for the ball on an angle
- first touch into space
- use skills worked on in training



Pass and follow (Picture Above)

Session – Change of Direction Session 2 (Continued)

player 1 to player 2

player 2 to player 3

player 3 dribbles at the blue wall and beats it 1v1 and shoots on goal

passing technique

- toes up

- ankle locked

- follow through (Brazilian hop)

Receiving

- open up

- drop away from the blue wall to create separation

1v1

- implement the moves that we have worked on with speed

Finishing

- drive the ball with laces

- toes down

- ankle locked

- follow through



1v1 + 1 CM + 2 Wingers (Picture Above)

1v1 in the middle box

1 attacking CM who supports the player on the ball

2 wingers on the side

60 second games

switch the point of attack using u turns, stepover to lose your man

every time the ball is switched you get one point

can use your CM to keep possession. CM can switch it out as well