



u10 Gate Dribbling

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Gate Dribble (20 mins)

Set Up

20x20 grid

10 2 yard gates scattered in the area

Instructions

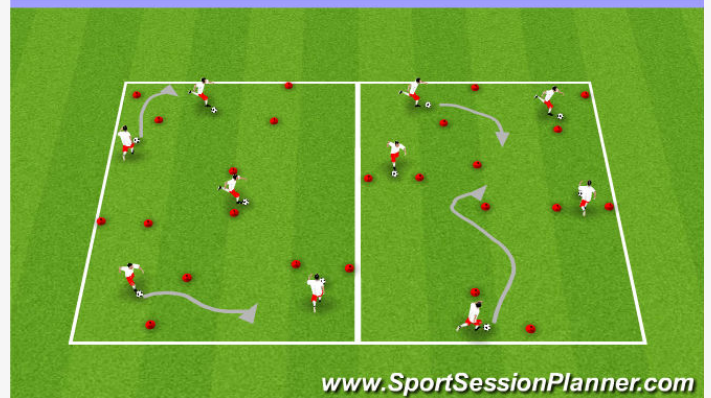
All players have a ball and will dribble through the gates. Let players perform each skill before making a game to see how many gates they can get through in 30 seconds. Players need to have their head up to know where the next gate is and not run into their teammates!

Techniques

1. Messi touches- using their laces, toe down, ankle locked, little touches
2. Alternating inside/outside touches
3. Sole of the foot touches
4. Inside touch when going through a gate to change direction
5. Outside touch when going through a gate to change direction

Moves

1. Stop/go- players will stop the ball using the sole of their foot when they get to a gate then using messi touches they will accelerate to the next gate
2. Pull back- Players will use the sole of their foot to pull the ball back everytime they get to a get.
3. Inside the foot cut- Players will use the inside of their foot to cut the ball back when they get to a gate.
4. Scissors- at the gate the player will perform a scissors. This is executed by the plant foot beside the ball with the other foot going behind the ball, between the plant foot and the ball, around the front of the ball with that foot ending up back beside the ball. The next touch should be with the outside of the opposite foot that just did the scissors
5. Step over, turn- left foot steps around the front of the ball. On that left foot you then pivot 180 degrees counter clockwise and take the ball with the right foot. to fake the other way a player would perform the opposite.



Gate Dribble 2 (20 mins)

Set Up

Same

Instructions

Let the players perform each technique before making a game out of it.

1. Figure 8 with the inside of the foot at each gate- Players need to keep the ball close to get around the cones.
2. Figure 8 with the outside of the foot at each gate
3. Free dribble for kids to do any of what was just worked on when they get to the gates.

Coaching points

1. Using both feet when doing a figure 8 to get around the cones
2. Using our Messi touches to get to the next gate
3. Slowing down and being under control to get around the cones



Opposed Gate Dribble (20 mins)

Set Up

Same as Gate Dribble

Instructions

Players will now be in pairs. One will start as the attacker and one will start as the defender. The attacking player is trying to dribble through as many gates as possible in 1 minute. To start the defender is not allowed to steal the ball. After time is up the roles are now switched.

One game= 1 turn as the attacker, 1 turn as the defender

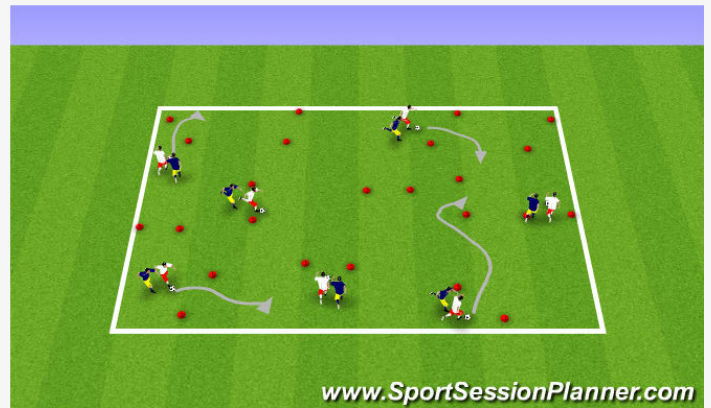
Play 2 games and then find a new partner.

Coaching Points

1. Using Messi touches when you want to keep the ball close
2. Keeping yourself between the defender and the ball
3. Using moves to change direction and attack a different gate

Progression

1. Defender is live and can steal the ball



1v1 to Endline

Set Up

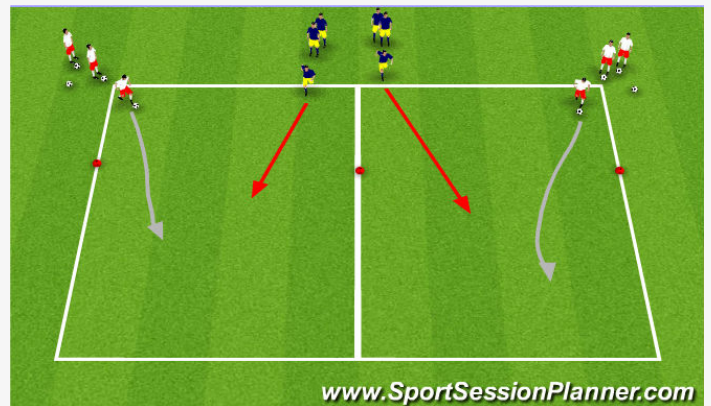
2 10x15 grids

Instructions

The attacking player starts with the ball and dribbles out. The defending player may run back to defend once the attacking player crosses the cone line 5 yards out from the starting line. The attacking team gets a point if they can dribble across the endline.

Coaching Points

1. Going fast but staying under control
2. Running with the ball- Using bigger Messi touches to go with speed and keep the ball close
3. Keeping the ball closer when we get to the endline
4. Cutting off the defender on the dribble



1v1 to Goal

Same as 1v1 to endzones, but now going to goal.

Same instructions except attacking players are trying to dribble through the two goals on the endline. If the defender wins it they can pass through the single goal on the opposite endline

Progression

1. The attacking player can turn back and play in a second attacker to make it a 2v1

Coaching Points

1. Going at the defender with speed
2. Good first touch on the run so we don't start from a stationary position

For the Progression

3. Using a supporting player when you're in trouble
4. The numerical advantage of a 2v1

