

Academy Topic: Dribbling

Activity

Coaching Points

1st Activity (warm up):

Stop and go-each player with a ball, players dribble from one side to the other; on coaches command players stop and go. Progress to turns.

Surface of the foot to use when dribbling
use sole of the foot for stopping the ball,
different types of turns; outside, inside
of foot, sole of foot.

2nd Activity-“Gates Dribbling”:

Each player with a ball, dribbling in and out of Gates. Progress to types of turns at the gate.

Surface of foot to use-inside, outside,
laces. Challenge players to use left
foot only, right foot only, how many
gates can they get in 20 seconds.

3rd Activity-“Head to Head Dribbling”:

2 lines face each, a ball in each line. Players dribble at each other, do a move to go by each other, then pass the ball to line they're facing. Then go to that line which should be the opposite of one they started in.

Coach players on control and pace,
head up. Try moves such as-lunge
left, push right; step over right, push
outside right. Cut inside left, push
outside right.

4th Activity-“1 V 1”:

Coach is boss of balls. If ball goes out or goal is scored, coach says “clear out”. Next 2 players go, coach plays in ball.

Take players on with speed, try moves.
Head up, if goals open take shot. You
Do not have to get past the player to
score (ball space is all you need).

5th Activity-“Small Side Game”:

Put players in even groups and let them play

Let kids play, coach in the flow.
Encourage kids to dribble and take
Players on. Be creative.
