



Week 1 Dribbling

Activity 1: Recreation-Dribbling Focus: Pendulum



1. Cones
2. Balls
3. 15 X 15 area

Objective

Touch the ball from the inside of one foot to the inside of the other.

Variations:

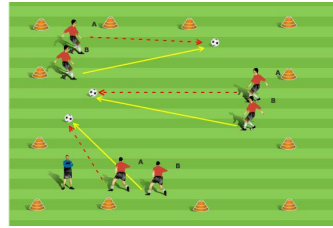
Challenge the players to see how far apart their feet can go.

How quickly can the players touch the ball?

Coaching Points

1. Keeping feet shoulder width apart
2. Keep knees bent
3. Lower center of gravity
4. Keep body over the ball

Activity 2: Recreation-U5-U6 Focus: Partner fetch



1. 25 X 25 Area
2. Balls
3. Cones

Objective

Players find a friend with one player holding the ball in their hands. On coaches command, Player A kicks ball and Player B retrieves it using a variety of ways such as:

Dribbling with right and left feet

Balancing ball on head

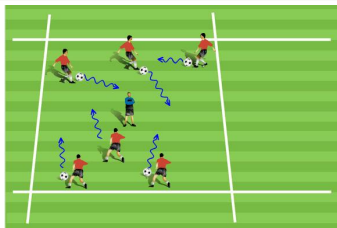
Hopping with ball between feet and legs

Any other variety coach AND PLAYER can think of

Coaching Points

1. Coordination
2. Speed
3. Decision Making
4. Creativity

Activity 3: Recreation-U5-U6 Focus: Body Part Dribble



1. 15 X 15 Area
2. Balls
3. Cones

Objective

Every player has a ball and is dribbling around the space

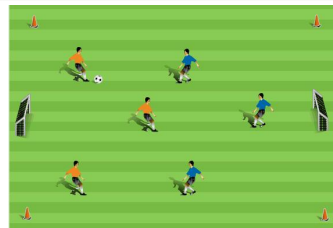
-Players try to avoid collisions

-Coach calls out a body part and players try to stop the ball with that body part ie: "Knee, players try to stop the ball with their knee

Coaching Points

1. Listening
2. Coordination
3. Dribble inside their circle of error
4. Players try to stay within coaching area

Activity 4: Game Focus: 3V3



1. 2 goals, cones can act as goal
2. 20X20 Area

Objective

Finish off practice with little coached game. try to get players to incorporate practice into scrimmage by offering points.

Coaching Points

1. Encourage practice points

