Activity 1: Dribbling Basics
Focus: Dribbling, creating space

1. Area 20 x 20 yds
2. Ball per player
3. Cones

Objective

Players dribble the ball randomly in the area. On command of "FREEZE", players demonstrate control by placing the foot on the ball. Balance by bending the knees and determine if there is adequate space by extending the arms in all directions. Red light – Green light can be used (Red = Stop, Green = Go and Yellow = Turn). Progress to turns, fakes, and exchanging balls.

Coaching Points

1. "Feel the ball - see the field"
2. Keep the ball moving
3. Dribble with the laces

Activity 2: Tree House
Focus: Dribbling

1. Area 20 x 20 yds
2. Balls
3. Cones

Objective

At either end of the area you have a tree house. At one end you have the 'Greedy Gorillas' and at the other end you have the 'Cheeky Chimps'. In the middle are all the soccer coconuts. On the call of "GO" the Chimps and Gorillas run to the middle and collect a coconut and return back to their tree house before going to collect another one.

Coaching Points

1. Keep ball moving
2. Keep ball close
3. Keep head up

Activity 3: Dribbling Tag
Focus: Dribbling, Creating Space

1. Area 30 x 20 yds x 2
2. Ball per player
3. Cones
4. Training Vests

Objective

Two 30 x 20 yds areas with 5 yds of space between. Two teams of 4 players create a 3v1 scenario in each area. Every player has a ball (including the defensive player). The defender attempts to tag as many players as he/she can in 30 seconds. At the end of 30 seconds, rotate the players. Add the total score for the teams. If a player dribbles outside of the area - count one point for the defender.

Coaching Points

1. Use the laces
2. Find space – head up
3. Change pace to escape the defender

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