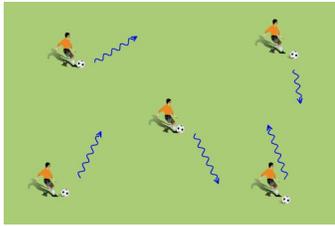




# Week 7 Dribbling

## Activity 1: Traffic Lights Focus: Dribbling Warm Up



1. Area 30 x 30 yds
2. Cones
3. Ball per player

### Objective

Use the theme of the popular movie 'CARS'. Every player has a soccer ball. When the coach calls "Green light" the players must dribble their ball around the area. On the call of "Red light" the player must stop and place their foot on the ball. Other commands of "Mater" (tow truck) for dribbling slowly, and "Lightning McQueen" - dribble as fast as you can, "Car Wash" - ball rolls forward & back (both feet), "Wipers" - foundations back and forth, "Sheriff" - the coach gives a 'ticket' (5 toe taps) to runaway cars, and 'Rev the Engines' - foot on top of the ball and vibrate faster and faster and make revving noise.

### Coaching Points

1. Keep ball close and under control
2. Keep head up
3. Keep the ball moving

## Activity 2: Desert Island Focus: Dribbling



1. 20 x 25 playing area
2. Cones
3. Large supply of balls
4. Group of players

### Objective

Four "islands" in the shape of a circle, triangle or square with cones about 3 - 5 yards wide. All players must follow coach's order and dribble into the island he/she calls out.

### Coaching Points

1. Keep ball within 1 giant step
2. Use all parts of your feet
3. Keep both knees bent
4. Try to keep your head up

## Activity 3: Dinosaur Egg Hunt Focus: Dribbling



1. Group of players
2. Balls
3. Cones
4. Playing area (Varies with age and # of players)

### Objective

Set up three or four "Caves" in the shape of a square with cones about 3 - 5 yards wide. Break the players up into teams and have each team get together in their cave. Gather all the soccer balls in the center of the space between the "caves".

### Coaching Points

1. Keep ball within 1 giant step
2. Use all parts of your feet
3. Keep both knees bent
4. Try to keep your head up

## 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

