



Week 8 Dribbling

Activity 1: Doctor-Doctor Focus: Economical



1. Rectangular field 25 yards x 20 yards
2. Soccer balls
3. cones
4. pennies

Objective

Two smaller grids, 5 yards x 5 yards, inside the larger field, located at diagonal (opposite) corners. Separate players into two color-coded (red and yellow) groups (teams).

Coaching Points

1. creative dribbling
2. passing accuracy
3. timing of passes
4. scheming

Activity 2: Hit the Dirt Focus: Dribbling



1. Open playing field
2. Group of players
3. One ball per player

Objective

Players dribble freely in all directions. Coach says, "Hit the Dirt", each player must stop their ball and lie on their chest on the ground. Coach says, "UP!", each player gets up and begins to dribble freely once again.

Coaching Points

1. Keep head up to examine space
2. Bend knees and stay on balls of feet
3. Lots of touches to ensure close control

Activity 3: Go Away, Come Back Focus: Dribbling



1. Open Area (Lot's of space)
2. Group of players
3. One ball per player

Objective

Players dribble soccer balls through each other in a very tight space. The coach yells, "Go Away!", the players sprint away in any direction with ball. After 3-5 seconds the coach yells, "Come back!", and the players resume dribbling in the tight space once again.

Coaching Points

1. Fun and challenging
2. Movement and creative thinking
3. Decision making (Simple)
4. Anticipation

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

