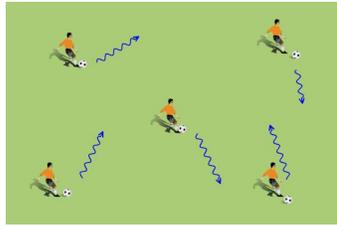




Week 2 Dribbling

Activity 1: Traffic Lights Focus: Dribbling Warm Up



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

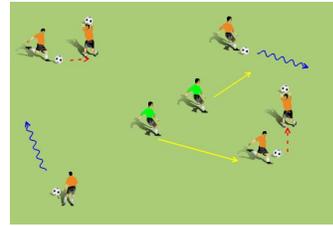
Objective

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: Stuck in the Mud Focus: Dribbling



1. Balls
2. Cones
3. Training Vests

Objective

Each player has a ball apart from 2 Mud Monsters. The monsters must try and tag the soccer players who are dribbling around the swamp. Once tagged the player is then stuck in the mud. When stuck in the mud you must place the ball on your head and open your legs. The stuck player can be saved by having a ball passed through their legs by another player.

Coaching Points

1. Keep your head up
2. Move into the open space
3. Awareness of team-mates

Activity 3: 'Madagascar' Focus: Dribbling, turns



1. Area 20x20
2. Ball per player
3. Cones

Objective

Coach gets into character as players act like their favorite jungle animals. Players perform dribbling and turning skills whilst playing a fun activity.

Coaching Points

1. Become part of the story and have fun
2. Keep balls close by
3. Quick response to instruction

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

