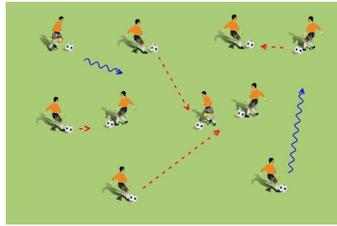




Week 7 Dribbling

Activity 1: Soccer Marbles Focus: Dribbling & Attacking



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

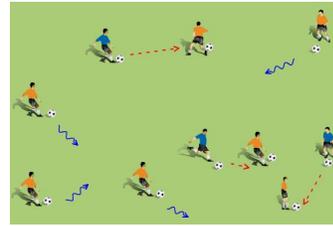
Objective

Each player has a ball. They must dribble around and shoot against another player's ball. If they hit a ball they score a point. Play 5 x 1 minute rounds. Add a money ball. Have the coach or coaches join in. If the players can hit the coach's ball they score 3 points.

Coaching Points

1. Keep head up
2. Lock ankle
3. Strike ball with laces
4. Be positive and take shots

Activity 2: Soccer Monster Trucks Focus: Dribbling & Attacking



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

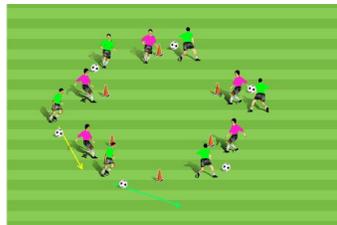
Objective

Each player has a ball. Place three players in training vests who are 'Monster Trucks'. The Monster trucks must try and crush the little 'Sport Cars' who are dribbling around trying to stay away from the trucks. The Monster Trucks have to strike their ball against the legs of the sports cars. They must sit on the ball and wait for a 'high-five' from the coach.

Coaching Points

1. Keep head up
2. Keep ball moving
3. Lock ankle and strike ball with laces

Activity 3: Kentucky Derby Focus: Dribbling, running with the ball



1. Area 30x30
2. Ball per player
3. Cones

Objective

Players must move quickly with the ball to beat an opponent.

Coaching Points

1. Quick dribble
2. Keep ball close to the outside of the circle as you dribble
3. Head up to avoid collision

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

