

Dribbling

1. Square Dance - Everyone dribbles within one 15 yd. square. Keep moving and use all parts of the foot. Try cut backs, pull backs, and different fakes against imaginary opponents. Keep your head up to not bump into teammates. Don't lose the ball.

var 1. Dribble to open space - try to stay spread out.

var 2. Move to open space - tap the ball into an open space, quickly follow and continue dribbling.

var 3. Attack!: All players protect their ball while trying to kick others outside of the square. If a player's ball is kicked out of the square they leave the square and wait for the round to end.

2. Square Dance (for younger ages) - Create 2 10 yd squares with cones about 15-20 yds apart. Put half of the players in each square, each with a ball. Go - the players should dribble around in their square, trying to move into open/empty space. Switch - all players dribble and run to the other square (without crashing into each other!).

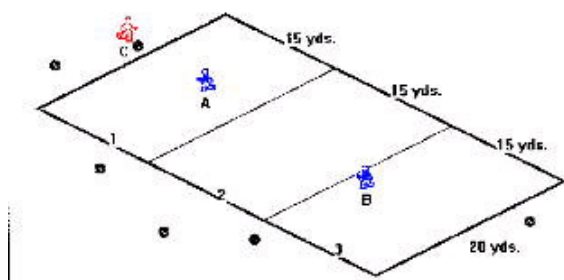
3. Sharks and Minnows - All players (the minnows) except one (the shark) line up, with ball, on one side of a large square. Go - the minnows must dribble to the other side of the square while the shark tries to kick away as many balls as possible. Any minnow whose ball is kicked away becomes a shark.

4. Tour the field - We will run to different parts of the field and learn what they are for: center circle, kickoff spot, center line, penalty line/box, penalty spot, goal box, goal line (goal kick), corner kick, touchline.

5. Relay Race - three lines (or as many as are needed), each with one ball. Four cones are in a line in front of each team. GO - the first child in line dribbles the ball, weaving around the cones, and back. They leave the ball for the next child in line. Give a high five and the next in line goes. When each child has gone twice, the whole line sits down. (many, many variations of this one!)

6. Basic shielding - 2 lines (or as many as will work), one coach, parent, or helper facing each line about 5 yds away. Coach passes the ball to, then advances on, the first player in line who must then stay (mostly) in place and shield/protect the ball for 5 sec. The amount of time should be gradually increased. Key point: player should keep their body between the ball and the defender.

var 1. After shielding for 5 sec, player must make a good pass to a teammate.



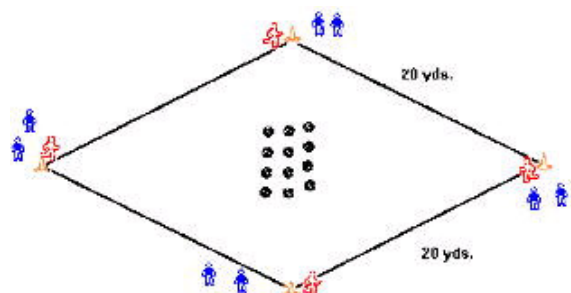
J7. 1v1v1 - Player "C" starts on the endline and dribbles into Zone 1, trying to get past Defender "A". If "A" steals the ball, "A" tries to dribble past "C" and over the end line. If "C" manages to get past "A", "C" continues through Zone 2 and tries to beat "B" over the end line. If "B" steals the ball, he takes on Player "A" who has been waiting in Zone 1.

Coaching Points

Attack: Try to unbalance defender, attack at pace, try to face the defender as much as possible, change pace and direction.

Defense: Try to channel the attacker towards the sideline, use sideline as a second defender.

var 1) Allow defender "A" to chase "C" into Zone 2 if beaten. "C" must then hold "A" off while at the same time moving towards player "B". This also makes "C" not give up on the ball after being beaten.



J8. Collect 4 - Divide the group into 4 teams, one outside each corner of a large square. There should be one ball in the center of the square for each player. Get four balls back to your team's corner. You can only work at moving one ball at a time. You must dribble the ball back to the corner. You can "steal" a ball from an opponent's corner.

Coaching Points

Since there is only one ball per player, players must steal from other groups. Players need to keep their heads up and be aware of how the game is developing.

var 1) Let younger players use their hands to carry the ball first.

var 2) Let players steal the ball from their opponents while they are dribbling.



J9. War - Dribblers (in Red) try to dribble through the three zones occupied by the blue defenders. Defenders must stay in their zones and try to kick any ball they intercept out of bounds. Dribblers go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, you may start right away. As soon as the dribbler in front of you moves to the next zone, you can also go. After beating the last defender, the dribbler must shoot the ball into the goal to get a point for their team.

Coaching Points

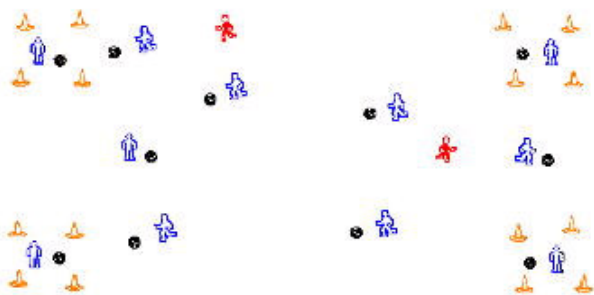
Good dribbling technique.

Look for an opening..perhaps sending a teammate in early to act as a decoy, then, when the defense opens up, take that clue to penetrate.

var 1) Put a "free zone" between each zone shown. The free zone can be 5 yards wide.

var 2) Once the dribbler gets in the free zone, they can rest before they take on the next defender.

var 3) You can also have people that make it into the free zone, leave their ball and assist the next person to try to get past the defender by passing.



J10. Running Bases - Players try to dribble their ball without being tagged. If they get tagged, they exchange places with the "tagger". Have taggers carry a pinnie to distinguish themselves. Hand pinnies over to the player that is tagged and use their ball to dribble. Players are safe in any one of the 4 bases. Only one player allowed in a base at one time. If a new player enters a base, the old player must leave.

For younger players:

var 1) Only one tagger

var 2) Fewer bases

var 3) Only one player in a base at a time

For older players:

var 1) More bases and taggers.

var 2) 2 players allowed in each base.

var 3) Play with fewer balls: can only be tagged if you have the ball. or, if you don't have a ball (balls must be passed).



J11. Protect the Cone - Individual - Define a rectangular space. Each player starts with a ball and a cone. Each player must control their own cone while trying to attack and kick over other cones. Player must keep the ball under control while defending and attacking. When defending, try to block attackers by keeping your ball and body between the cone and the attacker. On attack, try to maneuver around defenders while controlling your ball to get a clear kick at their cone. If your cone is kicked over, you can set it up again after you do a dribbling move or juggling of the soccer ball.

Coaching Points

This game allows players to stay included by doing some remedial exercise.

Choose activities that can be performed quickly so players can get back involved.

Vary the activity to include exercises like pushups, situps, cartwheels and also dribbling; pull backs, stepovers, touches on ball, hopping over ball, etc.

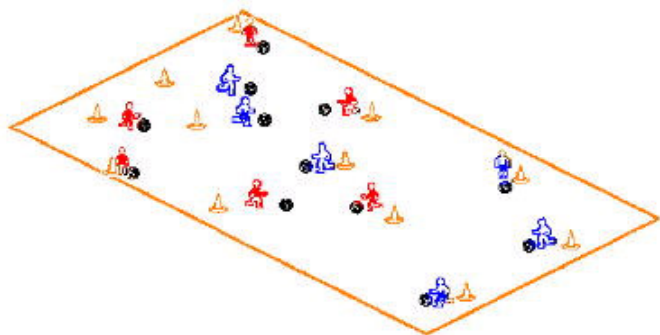
Make sure players control the ball while defending and attacking.

Watch for players who DEFEND or ATTACK more often.

Watch and help players determine when to attack and when to leave the cone, also when to defend and stay at home around the cone.

Help players remember to keep their body and the soccer ball between their cone and the attacker.

Explosive, quick move will help attackers maneuver around defender.



J12. Hospital Tag - All players with one ball in a defined space. Set up a second space for the hospital. Players must dribble around in the main space and try to tag other players while controlling the ball. If tagged, player must hold the part of the body that was touched by the ball. After player is tagged for the third time, he must go to the hospital. While in the hospital space, the players practice more dribbling. After competition, they come back to the game and begin to play with a fresh start.

Coaching Points

Make sure players are controlling the ball while tagging others.

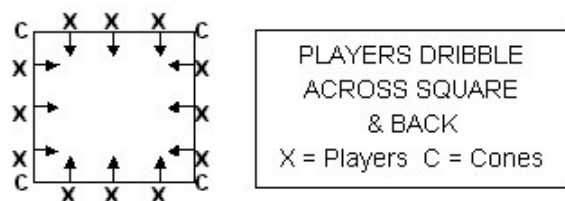
Encourage rapid changes of speed and direction. This will help them catch the other players by surprise.

Encourage players to attack while they have free hands, but when both hands are holding tagged body areas, they must employ defensive dribbling and go away from attackers.

Give players various dribbling moves, such as pull backs, step overs or quick feet.

var 1) Can only dribble with one foot. Use one sock up, the other down to help players remember.

- var 2) Can only use the inside of foot to dribble.
 var 3) Can only use the outside of foot to dribble.



<http://www.soccerhelp.com/>

13. Dribble Across a Square - Each player has a ball and they are spread around the edges of a square. All players start on "Go" & each player dribbles across & back. Must do a "Pullback" or a "Hook Turn" to turn. (Do a Pullback by putting the bottom of the foot on top of ball to stop it & pull it back in the direction you came from. Do a Hook Turn by pulling the toes up & turning the foot so the outside of the foot can "hook" the ball, stop it & pull it back).

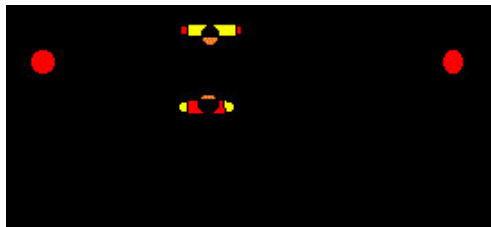
Tell players to look up while they dribble so they don't run into each other. The first to 12 is the winner (each time he turns is "one"). Tell players to yell "Done" when finished and ask each player his score at the end of the game. Play 2 or 3 games. For the second game, the first to 10 is the winner and for the third game, the first to 8 is the winner. Play at the start of practice as a warm-up and at the end of practice until dribbling skills improve or your team gets tired of this game.

Teaching Points:

"Control Dribbling" - When in traffic, keep the ball close to your feet so you can protect it; learn how to look up while dribbling by keeping the ball close to your feet so you know where it is.

"Speed Dribbling" - When you get "open" (out of traffic), you can kick the ball & run to it so you can go faster, but you must still keep it under control so you can turn.

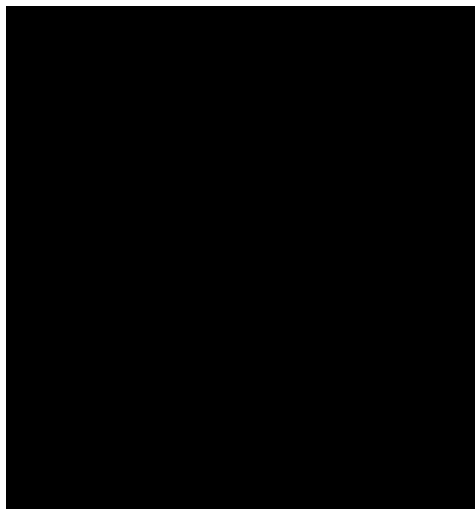
How to do a "Pullback" and a "Hook Turn"



Peter Corcoran

<http://www.and-again.com/drillgame/drgapage.asp?ID=113&pg=2>

14. Control Jockeying - Divide team into groups of two with two cones about 10 yards apart and the two players facing each other, one with a ball. The player with the ball uses feints and moves to try to touch a cone with the ball (under control) before the defender can touch the cone with his foot. The defender "shadows" the player with the ball and neither player is allowed to cross the imaginary line between them. Good game to teach the player with the ball to sense when the defender is off-balanced.



Colin

<http://www.and-again.com/drillgame/drgapage.asp?ID=94&pg=3>

15. Freeze Tag - This is just like the kid game of freeze tag but with soccer balls. Use cones to mark off an area 40x40 yards

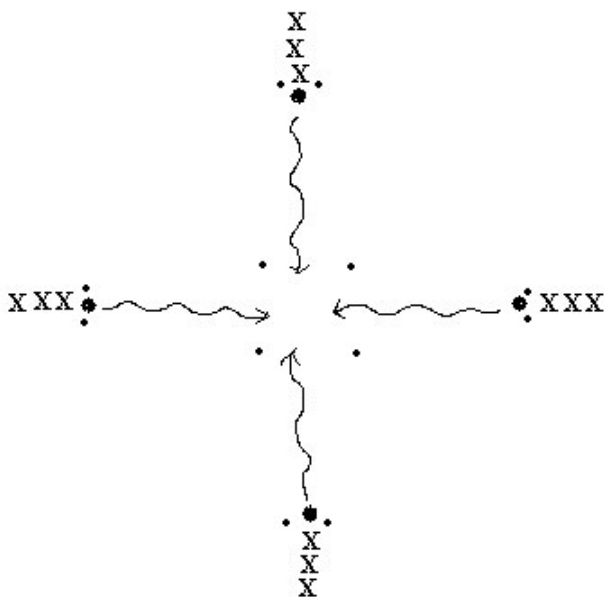
or so. Designate one or two players as the taggers and the rest of the players have a ball. The two players try to tag the other players. If a player is tagged they must hold their ball over their head and spread their legs. An unfrozen teammate can free the frozen player by dribbling or passing the ball between the frozen player's legs.



Sir Alex

<http://www.and-again.com/drillgame/drgapage.asp?ID=90&pg=4>

16. Through the Cones - In a 15-20 yard area set up 10-12 pairs of cones randomly with each pair about a yard apart. Divide the team in two groups and have one group at a time try to dribble through as many pairs of cones in 60 seconds. Keep score for individuals and/or teams. Vary the dribbling rules such as left foot only, outside foot only, use the sole of the foot through the cones, make a certain move after going through the cones, etc. One rule is you can not dribble through the same pair of cones twice in a row.



Greg Marston

<http://www.and-again.com/drillgame/drgapage.asp?ID=54&pg=5>

17. Dribble and Turn - Mark a small square about 7 x 7 yards with cones. Mark four starting points around the small square and about 20 yards from it. Divide players into four groups and line-up at each starting point. One ball per group. Instruct players to dribble to square and then reverse direction once inside of the square. Dribble back to your line and give ball to next player in line. Work on different ways to reverse direction: inside of foot, outside foot, using sole and spin, etc.. After practicing a few different turns have races to see which team can go through each player twice first.

18. Meatgrinder - 4 lines, one on each corner of a large square, each player has a ball. Designate a small circle or square in the middle (or could build this around the kickoff circle). Go - the first player in each line dribbles (fast) diagonally through the center circle all the way to the end of the opposite line, without crashing! When the first 4 are done the next 4 go.

var 1) can make the center area smaller or larger depending on need, or have the players stop, change direction, and go around the center area to the opposite line.

var 2) require different kinds of dribbling, i.e. inside of foot, outside of foot, etc.

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