



Dribbling Warm Up

Time 5 minutes

Setup

Field/space 20x20 +-
All players should have a ball

Work with players within the space to have as many touches as you can

Coaching Points

Dribble under control

Keep it close. How close? Like your walking your dog on a short leash

Add in 5/6 commands. Inside of your foot, outside, turn and go another direction, stop freeze 2 pushups, dribble quickly to a cone and stop, etc

Water Break

Attack the Gates

Time 10 minutes

Setup

Field/space 20x20

At least 10 gates to dribble through. Gates should be 1 yard wide

All players need a ball

Give a 45 second count down to see how many gates they can get through. See if they can beat their record the next time

Coaching Points

Keep the ball close with lots of touches

Use every surface of your foot as needed

Progression

At the gate do 5 toe taps then move on

Coach moves through the grid blocking gates so players need to change direction

Water Break

Inside Cut

As your dribbling forward “chop” the ball with the inside of your big toe. The idea is that you are now going back in the direction you came from. This will take alot of practice!

Dribbling skills like having a few turns in your pocket will start to give the player a bit of confidence that they can hold onto the ball when needed

Repeat several times and work with individuals as needed



1 v 1**Time** 10 minutes**Setup**

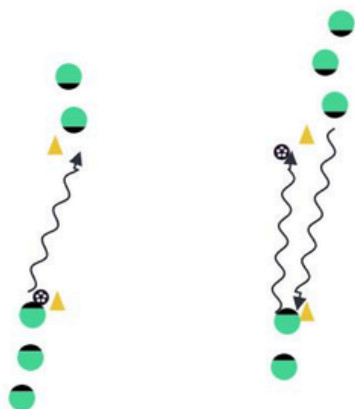
Cones about 5 yards apart
 Make multiple groups if needed
 Player dribbles ball at teammate across from them leaves the ball
 Next player dribbles ball back to where the first player came from

Coaching Points

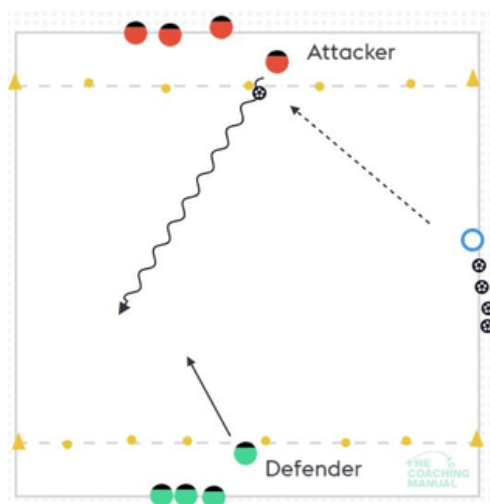
Control, small touches, quick pace
 Eyes up so you can see your teammate

Progression

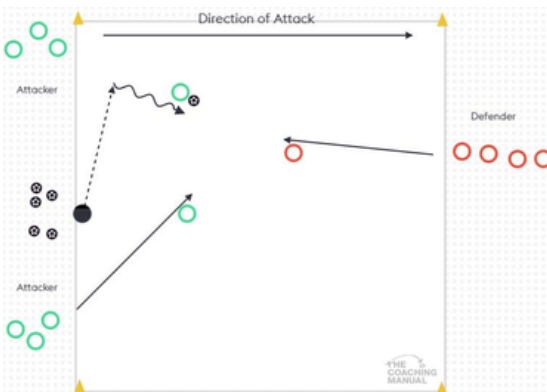
Challenge the groups to do X amount of rotations in 30 seconds
 Only dribble with left (right) foot



Water Break



Water Break

**1 v 1 Attacking****Time** 12 minutes**Setup**

10 width by 15 long
 Two teams in bibs across from each other in the grid
 Coach plays the ball to either player, player who receives the ball attacks.
 If the defender wins the ball they have one chance to attack.

Coaching Points

Don't allow the play to run to long, idea is to quickly dribble over the opposing teams endline
 Try to match up like able players if possible
 Focus on the early lessons, touches, turns, etc.

2 v 1 Attacking**Time** 12 minutes**Setup**

Building off the last drill
 A defined attacking group and defending group
 Coach plays the ball to either player, player who receives the ball attacks.

Coaching Points

Players now have 2 choice, to dribble or pass. Either one try to make quick decisions
 Defenders should try to quickly close the space