

## 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

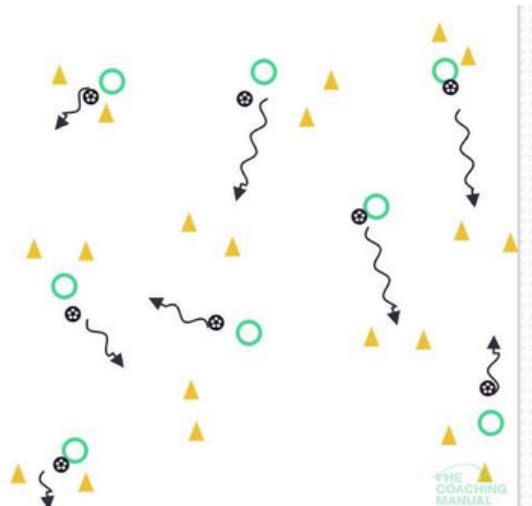
### Coaching Points

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

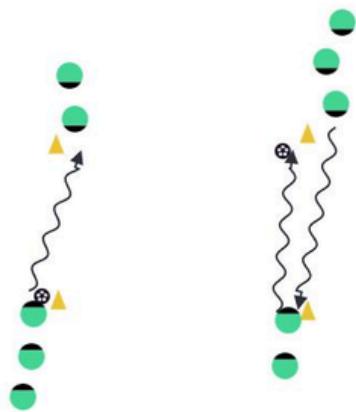


## Inside Cut

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 a lot 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**

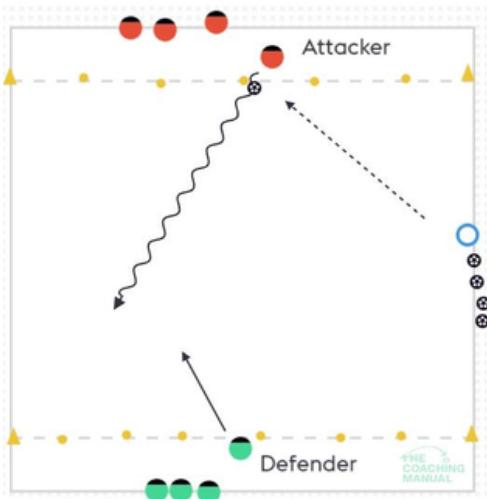
Challenge the groups to do X amount of rotations in 30 seconds  
Only dribble with left (right) foot

**Water Break****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.

**Water Break****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

