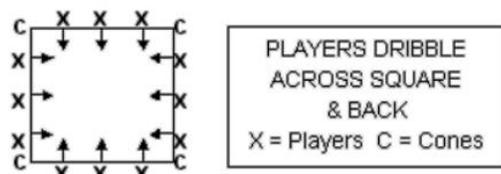


Topic: Dribbling

Turns: Inside/Outside Turns/Pull-backs

1. Warm-up (every practice)



See the Diagram. Use 4 disk cones to make a square about 10 steps wide (smaller or larger depending on the age & number of players) -- make your "steps" the size of your players - so a "step" for U8 is shorter than a "step" for U12 - by doing this, the square will always be the correct size for your players.

Every player has a ball.

Spread players across the square all facing inward.

On "Go", all players dribble across to the opposite side of the square and turn, go back, and turn, etc. Every turn is one point. Players keep their own score. Have the first player to reach 6 yell "Done" and raise his hand. As soon as a player yells "Done", blow your whistle and have all the other players stop as soon as they get back to the closest side of the square.

Only play to 6 and then start over - that works better than playing to 8 or 10 because it gives the kids lots of chances to win and forces them to give 100% effort.

Play 3 or 4 times with a small square to teach Control Dribbling in traffic and 3 more times with a larger square to train players to look for Open Space and to accelerate into Open Space (the larger square teaches players to speed up when they see Open Space).

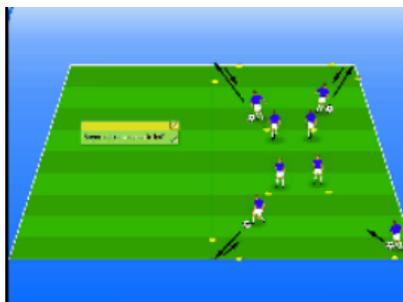
If you have players that are faster and others slower, make it a rectangle and put your slower kids on the short run and the faster kids on the long run. This way they get to make as close to 6 turns as possible.

Give a Tip after each game about how players can improve. For example - **"You must look up while you are dribbling in traffic so you don't run into other players."** and "You must keep control of the ball when you turn or you will lose." and "If you see Open Space, speed up by kicking your ball into the Open Space and running to it, BUT don't lose control of your ball - you must make your turn or you will lose." and "When you are in traffic, you must keep the ball near your feet or it might get accidentally kicked." (Tell players the rule is that they CANNOT intentionally kick balls away, but that in traffic balls might get accidentally kicked.) Watch the mistakes players make for ideas for Tips.

The idea is to get them used to dribbling through traffic – doing that will improve their confidence, peripheral vision, and instinctive reactions.

5. Small-sided game (4v4/5v5)

2. Back to Base



- Group players into pairs.
- One ball per pair.
- Dribble to corner, turn and dribble back to base.
- Second player dribbles to corner and back when first player returns.
- First pair to complete 10 turns win.
- Same routine for both inside and outside turns.

3. Shield & Turn



- Pairs alternate shielding & defending in 5x5 squares, then rotate opponent
- Can player shield ball for 10 seconds?
- Player in possession after 10 seconds scores a point
- Compete against 4 different opponents
- How many points can players earn?

4. Gates

- Set up multiple pairs of cones (1 yd apart), i.e. gates for players to dribble through
- Coach serves ball into playing area
- 1v1 – first player to dribble through three gates gets a point
- Play two 1v1s at same time
- Winners get point for team
- Four players rest while four play
- Turn/change direction at speed to lose defender and dribble through an open gate