



### Description

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### Dribbling Technique

#### □ Dribbling Technique:

- You can use inside, outside, the bottom and/or top (shoelaces) of the foot to dribble the ball.
- When you are running fast down the field with the ball, use the top (shoelaces) of the foot to dribble the ball.
- Bend your knees when you touch the ball.
- Make soft, and short touches to keep the ball in your personal space while dribbling.
- Keep your shoulders square while dribbling in a straight line.
- Touch in the middle of the ball when you dribble with your shoelaces.
- Keep the ball on your left or right depending on which foot you are dribbling with. Never leave the ball in the middle.
- Get used to looking up to see your teammates and the opponents
- Change directions you can use inside, outside, and/or the bottom of the foot. The best is inside and/or outside.
- To change directions use the NUMBER 1 inside or outside or your foot.
- Never cross the foot to change directions.
- Keep the ball close to your body and shoulders over the ball.
- Have a good BALANCE for any changes with the ball.



### Turning Technique

#### □ Turning Technique:

- Keep the ball inside your personal space
- Use the bottom of the foot, side, outside to turn the ball.
- Never cross your feet when changing direction
- "Balance is the key"
- Speed - Any changes of directions
- Keep the heads up
- Quick & Simple moves away from pressure (Turning)
- Accelerate after the move away from pressure
- Keep the ball close to the body
- Change directions quickly if the defender catches up without sharing the ball
- Do not move (Turn) the ball towards the same side of the defender if the defender is close to you.
- If necessary apply 1vs. 1 technique



## warm-up: Small side games (10 mins)

**Number of players required:** Full U13 and older teams

**Equipment:** many soccer balls 2 - 4 pug goals. If the coach does not have pug goals he/she can use cones as goals.

**Grid requirement:** Create 2 grids of 20 X 20 yards marked with cones.

**Organization:** All players are required to play within the grid.

**How the game is played:** From 2 to 4 teams will be formed like regular scrimmage to play "small side games".

**Variations/Progression:**

- Competition between the teams
- Implement the topic of the session in the small side games



## Activity: Drbbling & Turning I (10 mins)

**Number of players required:** Full U13 and older teams

**Equipment:** Every player should have a ball. Few cones to create the path and 2 pug goals. If you do not have pug goals you can use cones or flags.

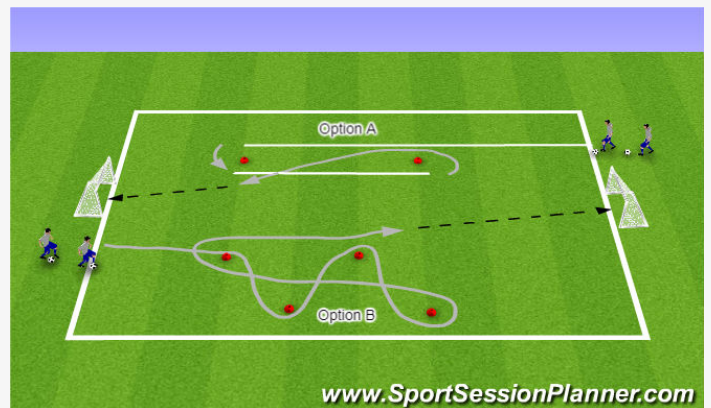
**Grid requirement:** Create a 40 x 40 grid.

**How the game is played:** Create from 2 - 4 groups competing against each other.

**Option A** = Players will dribble the ball towards the second cone, turn back to the first cone and go to the goal. Must shoot the ball before the line of the second cone.

**Option B** = Players will dribble the ball around the cones. When they finish the path, they must dribble straight back towards the first cone, turn and go the goal. Must shoot the ball before the line of the last cone.

**Variations/Progression:** Increase or decrease the distance of the cones



## Activity: Drbbling & Turning II (10 mins)

**Number of players required:** Full U13 and older teams

**Equipment:** Every player should have a ball. Few cones to create the path and 2 pug goals. If you do not have pug goals you can use cones or flags.

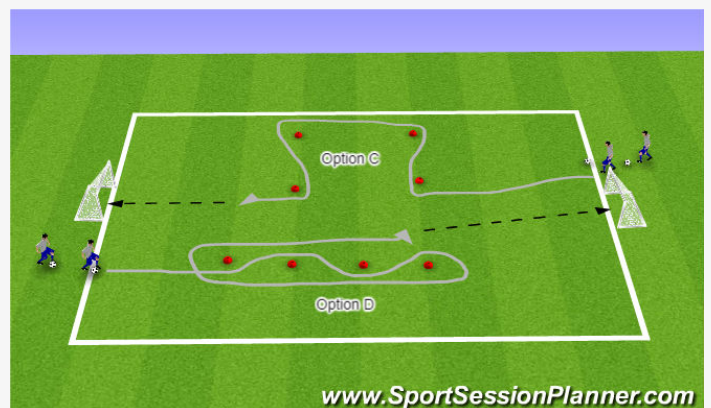
**Grid requirement:** Create a 40 x 40 grid.

**How the game is played:** Create from 2 - 4 groups competing against each other.

**Option C** = Players will dribble the ball around the cones. When they finish the path, they will shot at the goal.

**Option D** = Players will dribble the ball around the cones. When they finish the path, they must dribble straight back towards the first cone, turn and go the goal. Must shoot the ball before the line of the last cone.

**Variations/Progression:** Increase or decrease the distance of the cones



## Activity: Speed Dribbling, Turning and Finishing (10 mins)

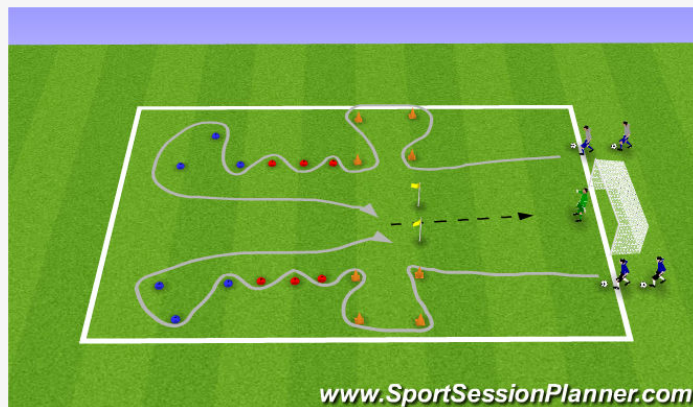
**Number of players required:** Full U13 and older teams

**Equipment:** Every player should have a ball. 2 Flags/cones. Few cones to create the path and 1 regular goal. If you do not have regular goal you can use cones or flags.

**Grid requirement:** Create a 40 x 40 grid.

**How the game is played:** Create from 2 -4 groups competing against each other. Players will dribble the ball around the cones. When they finish the path, they must dribble straight towards the goal. Must shoot the ball before the line of the flags/cones. The player that shot first get a point if score gets 3 points.

**Variations/Progression:** Use opposite foot as well.



## Activity: Scrimmage (20 mins)

**Number of players required:** Full U13 and older teams

**Equipment:** many soccer balls. For the 2 goals if you do not have regular goals, you can use cones or flags as goals.

**Grid requirement:** Create a 40 X 40 yard grid marked with cones.

**Organization:** All players are required to play within the grid.

How the game is played: Two teams will be formed like regular scrimmage.

**Variations/Progression:**

- Competition between the teams
- Implement the topic of the session in the small side games

