



### 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: Turning I (10 mins)

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

**Equipment:** Create many lines. All players should have a ball.

**Organization:** 2 players per line.

**How the game is played:** Coach will request players do use a different type of movement/turning with the ball. Players should use inside, outside, the bottom of their foot by using their left and/or right foot.

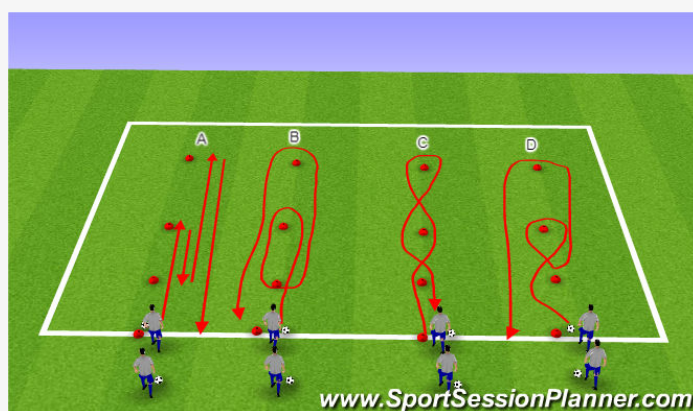
A = Dribble the ball (laces) towards the cone, turn (inside, outside or bottom of the foot) and come back

B = Dribble the ball (laces) towards the cone, go around the cone (inside, outside or bottom of the foot) and come back

C = Dribble the ball between the cones (inside, outside or bottom of the foot) and come back

D = Variations of activities A, B and C.

**Variations/Progression:** Competition between the groups



## Activity: Runners and Followers (10 mins)

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

**Equipment:** Create many lines. All players should have a ball.

**Organization:** 2 players per line. Players should move in their lines.

**How the game is played:**

**Example A** = 2 players per grid. Each grid should be 3 cones (5 yards apart - 10 yards total)

**Example B** = The coach will select a side to be the runner and another side will be the follower. In the example on the graph, the player on the left side is the "runner" and player on the right side is the "follower".

**Example C** = The runner will move the ball from one side to another. The follower will follow by trying to stay in the same line. The runner cannot cross the lines and/or follower cannot win the ball from the runner

**Example D** = The goal is to have the runner players trying to get the follower players out of their line. Switch runners with followers every 1-2 minutes.

**Variations/Progression:** The followers could follow without the ball.



## Activity: Zone game (10 mins)

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

**Equipment:** Create a 40x40 grid with few cones to create the "zones". All offense players should have a ball.

**Organization:** 3 defenders without the ball and the rest with the ball.

**How the game is played:** Offense players will try to move from one side to another (zones). The defenders will try to win the ball or kick out of bounce. The offense players can turn and move back towards their own zone. The defenders can only put pressure when the offense players are out of the zone.

**Variations/Progression:** Add more defenders.



## 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

