



Description

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Drbbling 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 use 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.



Activity: Scrimmage (10 mins)

Number of players required: Full U5 or U6 Team

Equipment: many soccer balls 2 pug goals

Grid requirement: Create a 20 X 20 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. Each team will stand on the own field. The coach will send from 1 to many balls on the field. The players/team must collect a ball with his/her feet and score in the opposite goal. After scoring the goal they can return to the get more ball(s), steal the ball from the opponent, and/or get the ball on their own goal and score in the opposite goal.

Variations/Progression:

Decrease the number of balls on the field and enlarge the grid.



Activity: Animal House (10 mins)

Number Of Players Required: Full U5 or U6 Age Group

Equipment: 4 or more cones to mark grid, 1 ball for each player.

Grid Requirement: Create a 20 X 20 yard grid marked with cones.

Organization: All players are required to play within the grid and each player must have a soccer ball.

How The Game Is Played: The coach will give every grid an animal name: monkey, bird, dog, and cat. The coach can change the name of the grid anytime she/he wants too. After the players are told the name of the grid, the players will dribble around until the coach tells them which animal to visit.

When the coach yells the animal, the players must dribble to the correct grid and stop the ball on the inside the grid that represents the animal that was called. The last player will have to make the sound of the animal.

Variations/Progression: Change the name from animals to player's names for a grid (just be sure to use every player's name



by the end of the training session).

Activity: The Big Bear (10 mins)

Number Of Players Required: Full U5 or U6 team

Equipment: few cones - some cones to mark grid the grid, other cones to make four caves and 1 ball for each player.

Grid Requirement: Create a 20 X 20 yard grid marked with cones.

Organization: Players must stay within the grid.

How The Game Is Played: The coach is the "Big Bad Bear" and the bear must try to capture the players. The players dribble around the area while the bear tries to capture them. The bear cannot capture the players if they hide in the cave. The players can only stay in the cave for 10 seconds and must go to the other cave to avoid capture. If a player is captured they become a Bear and help the Big Bad Bear capture the remaining players. Last player to be captured is the winner.

Variation/Progression: All Bears must hold hands while trying to capture the remaining players. Bears must always be growling.



Activity: Bank Robbery (10 mins)

Number of players required: Full U5 or U6 Team

Equipment: 4 or more cones to mark grid, 10 to 12 soccer balls

Grid requirement: Create a 20 X 20 yard grid marked with cones.

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

How the game is played: All players stand on their own grid (separate the players evenly). The coach will yell "Bank Robbery". At that time all players must sprint to the center of the grid, collect a ball with his/her feet and return to their own grid as quickly as possible. Stop the ball on their own grid and return to the center to get another ball. When all the balls have been collected the player/group/team who has collected the most balls wins.

Variations/Progression:

- Add more balls to the center and enlarge the grid.
- Players can steal balls from another team.



Activity: Scrimmage (20 mins)

Number of players required: Full U5 or U6 Team

Equipment: many soccer balls 2 pug goals

Grid requirement: Create a 20 X 20 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:

- The coach can send more than 1 ball on the field.
- Decrease or enlarge the grid.

