



Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

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: Sharks/Minnows (10 mins)

Number Of Players Required: Full U5 or U6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player and some type of tail (piece of cloth) 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 and a tail. The players are minnows and the coach is the shark.

How The Game Is Played: The minnows have a tail (you can use a vest as tail) tucked in the back of their shorts. The shark (coach) moves around the grid catching minnows by pulling out their tails. The minnows try to avoid the shark. When a minnow has lost its tail it must leave the grid. Conduct the activity without a ball first, and then introduce a ball.

Observation: If the coach does not have a vest, he/she can just tag the player.

Variations/Progression: Allow players to only use left foot, right



foot, outside of R or L, or use the inside of both feet. You can challenge the players by using mini balls.

Activity: Tag (10 mins)

Number of players required: Full U5 or U6 team

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 player will dribble their balls within the grid. The coach will try to tag the players. After a player is tagged they must sit-down. Another player must tag the player that is sitting down to be able run again.

Variations: Coach needs to vary the speed at which they tag and allow all players to be the last player to be tagged. Coach can request the players to be the "taggers".



Activity: The Big Bad Coach (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Few 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 players dribble around the area. The coach must attempt to kick the player's balls out of the grid. Once a player has had his/her ball kicked out of the grid or has dribbled outside of the grid, he/she must bring it back into the area and stand with the ball above her head with her legs apart in a stationary position. Players can get back into the game only when a teammate passes their ball through teammates legs.

Variations/Progression: Coach should play at 20% speed. Increase the speed of play as the players become more comfortable with the game.



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.

