



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: Lion King (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:

At the start of the game, players lie face down on the ground with their heads on the ball and their eyes closed. When the coach shouts, "Mufasa," the players jump up and dribble their ball to the coach. Players must attempt to grab the coach's hand as he moves around the grid.

Variations:

Allow players to only use left foot or right foot. The coach needs to vary the speed at which they tag.



Activity: Pac Woman/Men (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 Pac Woman/Men chases the players. Any player that dribbles outside the grid or has their ball kicked outside the grid by the Pac Woman/Men, becomes the Pac Woman/Men. The last player that maintains the ball wins.

Variations/Progression: Make sure that all players have the opportunity to become Pac Woman/Men. You can have more than one player starting as Pac Woman/Men.



Activity: "Route 66" (10 mins)

Number of players required: Full U5 or U6 team

Equipment: 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: All players dribble around in the grid. They must react to the following directions given by the LAPD (the coach). "Green" is go, "Yellow" slow down, "Red" is stop with foot on the ball for 3 seconds, "Crash" all must fall to the ground, and "Runaway Speeder" the coach runs in the grid and kicks the balls out of the grid.

Variations/Progression: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Or make the players use different kind of balls (mini balls or big balls).



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.

