



## Dribbling

**Category:** Technical: Dribbling and RWB

**Difficulty:** Beginner

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Individual-Young Member

### 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 of 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.



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

**Number of players required:** Full U7 or U8 Team

**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: The Shadow (10 mins)

**Number of players required:** Full U7 or U8 team

**Equipment:** Every player should have a ball.

**Grid requirement:** Create 40 x 40 boundaries with few cones.

**Organization:** 2 players working together.

**How the game is played:** Players will dribble the ball around the grid. The player in front "leader" will dribble around by changing directions and the player behind "the shadow" will need to stay behind by following the leader.

**Variations/Progression:** COMPETITION: Stop/Go game (Green light and Red light game)



## Activity: Follow the leader (10 mins)

**Number of players required:** Full U7 or U8 team

**Equipment:** Few cones to create the line and additional cones that will be placed randomly within the grid. Every player should have a ball.

**Organization:** Two players will be working together.

**How the game is played:** The "leader" will dribble around and the "follower" needs to follow the exactly same path. To start they should have some distance from each other. If the follower tags the leader, they will switch (the follower will need to count at least 3 seconds before following the leader).

**Variations/Progression:**

- Use different parts of the foot (right, left, and/or bottom of the foot).



## Activity: Grab Soccer (10 mins)

**Number of players required:** Full U7 or U8 team

**Equipment:** Few cones to create the line (boundaries). Each player (offense) should have a ball.

**Organization:** Create many groups/lines.

**How the game is played:** Players with the ball (offense) will dribble the ball from one side to another without letting the player in the middle "crab" (defender) touch the ball. If the defender touches the ball, the offense player will help the defender(s) next round of play.

**Variations/Progression:**

- Use left or right foot.

- Decrease the line/space of the grid.



## Match - Scrimmage (20 mins)

**Number of players required:** Full U7 or U8 Team

**Equipment:** many soccer balls. For the 2 goals you can use pug goals or cones.

**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.

