



## 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 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.



### 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: Stop/Go game (10 mins)

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

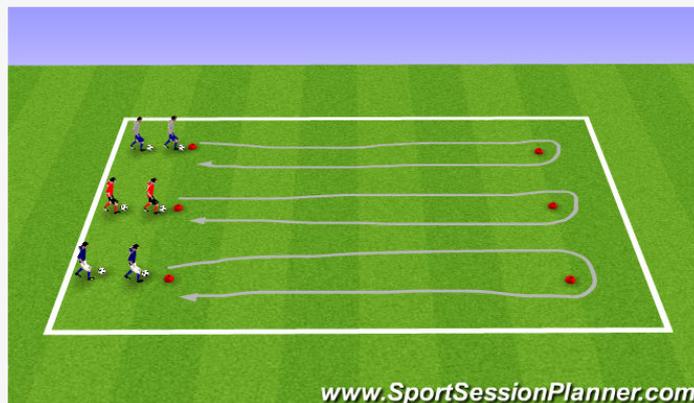
**Equipment:** Few cones to mark the lines. Every group should have a ball

**Grid requirement:** The cones should be about at least 30 yards apart.

**Organization:** Create many lines as you can from 1 to 3 players max per line.

**How the game is played:** Players will dribble the ball to one side and come back (go right foot and come back with the left foot)

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



## Activity: Cones Challenge (10 mins)

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

**Equipment:** Many cones to create the line of cones. Create 2-3 yards gap between cones

**Organization:** Create many groups/lines. Each group should have a soccer ball. No more than 3 players per line.

**How the game is played:** Players will dribble through the cones by using different parts of the foot. After they go through the cones, they will dribble the ball back without going through the cones (speed dribbling). Players should try to dribble the ball without touching any of the cones.

The coach can request them to use:

- Inside both feet
- Inside and outside (left/right)
- Outside (left/right)
- Any part of the foot

**Variations/Progression:** Race/competition between the groups



## Activity: The Jungle (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, at least 1 ball per group.

**Organization:** Create many groups/lines. Each group should have a soccer ball

**How the game is played:** Players will dribble through the cones by using different parts of the foot. After they go through the cones, they will dribble the ball back through the cones again (speed dribbling). Players should dribble the ball without touching any of the cones.

The coach can request them to use:

- Inside both feet
- Inside and outside (left/right)
- Outside (left/right)
- Any part of the foot

**Variations/Progression:**

- Add More cones
- Race/competition between the groups



## 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.

