



## 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: Relay Race I (10 mins)

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

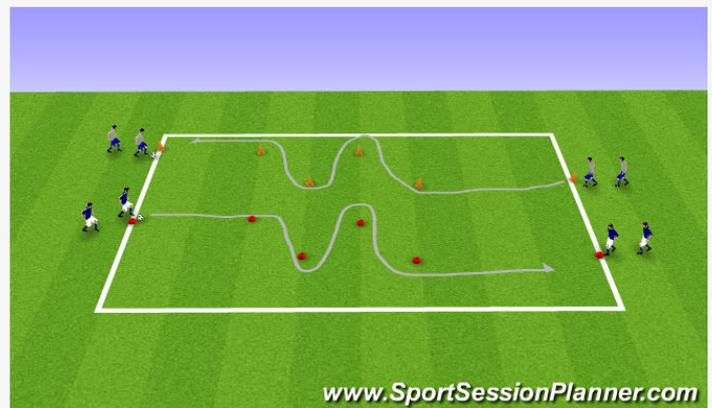
**Equipment:** Cones to create the lines and the path for the race. Each group should have a ball

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

**How the game is played:** The groups will race against each other. When the player with the ball reach opposite side, he/she will give the ball to his/her teammate that will go to opposite side. When all players complete the race, the first group that finish, wins.

**Variations/Progression:**

- Request the players to use left or right foot.



## Activity: Relay Race II (10 mins)

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

**Equipment:** Cones to create the lines and the path for the race. Each group should have a ball

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

**How the game is played:** The groups will race against each other. When the player with the ball reach opposite side, he/she will give the ball to his/her teammate that will go to opposite side. When all players complete the race the first group that finish, wins.

**Variations/Progression:**

- Request the players to use left or right foot.



## Activity: Sharks/Minnows (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 "shark" (defender) kick their ball out of the grid. if the defender kicks the ball out, 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.

