



## 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: Group Challenge (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:** 3 groups needs to be created.

**How the game is played:** When the coach calls a group (1, 2 or 3), the group that the coach calls will leave the ball and put pressure at other groups. Coach will give a time (no more than 1 minute) for the defenders to try to win the ball from other 2 groups. If a defender wins the ball, it will give back to the offense player and it will get a point. In the end the defender counts how many points they have. The winner will be the group that has the highest number of points.

**Variations/Progression:** Decrease the size of the field.



## Activity: 4 Goals Dribble (10 mins)

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

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

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

**Organization:** Create 4 goals with the cones.

**How the game is played:** 3 groups needs to be created. 2 Groups (offense) will try to dribble the ball to one goal to another without letting 1 group (defenders) get the ball from them. The offense has 4 goals to dribble the ball. The defenders cannot put pressure when the offense players are inside the cones (goals). Coach will give them time for the offense players try to move to one goal to another as many as they can. If a defender wins the ball, he/she will kick the ball out of bounce and the offense player will start again from any goal. Switch the groups every 2-3 minutes

**Variations/Progression:** Decrease the time and/or the size of the field.



## Activity: End Zone dribble (10 mins)

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

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

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

**Organization:** Create 2 goals with the cones.

**How the game is played:** 3 groups needs to be created. 2 Groups (offense) will try to dribble the ball to one goal to another without letting 1 group (defenders) get the ball from them. The offense has 2 goals (one each side of the field) to dribble the ball. The defenders cannot put pressure when the offense players are inside the cones (goals). Coach will give them time for the offense players try to move to one goal to another as many as they can. If a defender wins the ball, he/she will kick the ball out of bounce and the offense player will start again from any goal. Switch the groups every 2-3 minutes

**Variations/Progression:** Decrease the time and/or the size of the field.



## 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.

