



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: Cones base (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: All players must move the ball inside the grid

How the game is played: Players will be dribbling the ball around the grid. On coaches' command, players will change speed and/or directions with the ball. Make moves and/or change directions in the cones.

Variations/Progression: Use different part of the foot (right, left, inside, outside, and/or bottom of the foot) to dribble the ball.

Competition: The players will dribble the ball around. When the coach says "GO" players will dribble the ball towards a cone. The last player arrive the cone is the "loser". Coach can also take cones away to give more challenge.



Activity: Knockout (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: All players must move the ball inside the grid

How the game is played: The players will dribble the ball around. When the coach says "GO", the players will try to kick another player ball out of the grid by keeping possession of their own ball. If the ball goes out of the grid, the player will get the ball and continue playing. The winner is the player that kick most of the balls out of the grid.

Variations/Progression: Decrease the size of the grid.



Activity: The robbery (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: All players must move the ball inside the grid

How the game is played: The offense players will try to keep the ball away from the defender(s) players. If the defender kicks the ball out of the grid, they will switch.

Variations/Progression: When the offense player loses the ball, she/he will join/help the defenders



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.

