



### 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.



### Turning Technique

#### □ Turning Technique:

- Keep the ball inside your personal space
- Use the bottom of the foot, side, outside to turn the ball.
- Never cross your feet when changing direction
- "Balance is the key"
- Speed - Any changes of directions
- Keep the heads up
- Quick & Simple moves away from pressure (Turning)
- Accelerate after the move away from pressure
- Keep the ball close to the body
- Change directions quickly if the defender catches up without sharing the ball
- Do not move (Turn) the ball towards the same side of the defender if the defender is close to you.
- If necessary apply 1vs. 1 technique



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

**Number of players required:** Full U9 or U10 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 turning (10 mins)

**Number of players required:** Full U9 or U10 team

**Equipment:** Create a 40 x 40 grid and a few cones around the field.

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

**How the game is played:** Players will dribble the ball inside the grid. When the coach says "GO", players will dribble the ball toward a cone, turn and dribble around again. The players should use inside, outside, the bottom of their foot by using their left and/or right foot.

**Variations/Progression:** Request the players to do double turning (turning the ball twice)



## Activity: Many Goals (10 mins)

**Number of players required:** Full U9 or U10 team

**Equipment:** Create a 40 x 40 grid and a few cones around the field to create the goals.

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

**How the game is played:** The offense players will try to score by dribbling the ball between the goals. The defenders will try to win the ball or kick the ball out of bounce. After a few minutes, the coach should stop the game and the offense player that has more goals wins. Switch the defenders every play.

**Variations/Progression:** Add more defenders.



## Activity: Moves away from Pressure (10 mins)

**Number of players required:** Full U9 or U10 team

**Equipment:** Create a 40 x 40 grid

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

**How the game is played:** The coach should start the activity with 2 defenders and the rest should be offense players. The 2 defenders will try to win the ball or kick the ball out of bounce from the offense players. The offense players will try to keep the ball away from the defenders by maintaining possession of the ball. They should switch offense with the defense every time the defender wins the ball from the offense player. No double pressure is allowed! When the coach says "STOP", the players with the ball are winners.

**Variations/Progression:** Add more defenders.



## Activity: Scrimmage (20 mins)

**Number of players required:** Full U9 or U10 Team

**Equipment:** many soccer balls. For the 2 goals if you do not have regular goals, you can use cones or flags as goals.

**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

