



# Intro Dribbling Week 1

**Category:** Technical: General  
**Difficulty:** Beginner

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## Screen 1

Scrimmage/ Warm Up

### Arrival & Warm-Up (15min total)

**Scrimmage (5min)** | As players arrive on the field, get them involved in a scrimmage right away, adding players to each team as more arrive.

**Fun Warm-Up Game(s) (10min)** | See below for a few options. These warm-up games can be used for weekend games as well.

- **Tag** | All players have a ball. Designate one player as the tagger who must tag others. If tagged, a player becomes a tagger. Play until there is only one player left untagged.
- **Follow the Leader** | All players have a ball. Designate one player as the leader. Other players must follow the direction and movements of the leader.
- **Red/Yellow/Green Light** | All players have a ball. Players dribble in the playing area and the coach calls out either red light (stop and foot on the ball), yellow light (slower dribbling), green light (faster dribbling). Players must keep close control to be able to immediately stop the ball when they hear red light.



## Screen 2

### Drill 1 (12min)

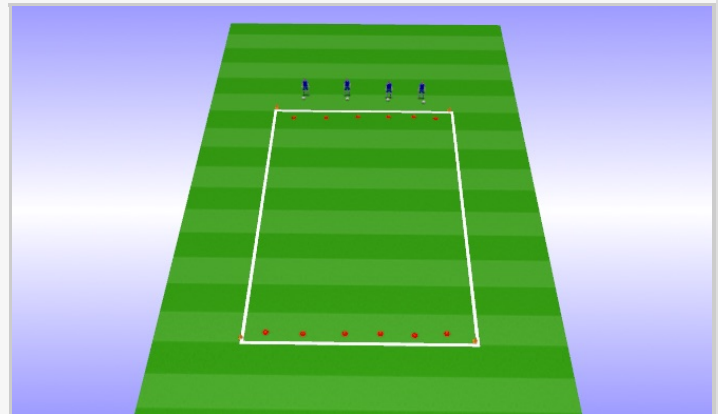
#### Trick or treat

“Trick or treat is great for kids who need practice dribbling at a fast pace,”

one ball per player, enough cones to mark a 15-by-15-yard grid, and some extra cones to set out as “treats” at the end of the square. Set up your square grid. On each end line (not sides), set out as many cones as you have, divided evenly. Players line up at one end. Yell “Trick or treat!” The players dribble their balls to the opposite end, gather one cone at a time, dribble back and pick up another cone, continuing until all cones are gone. The player with the most cones is the winner.

#### Coaching Points:

- use big toe and little toe to dribble.
- Small kicks to keep ball close
- Look up to see where you are going and know where the chaser is.



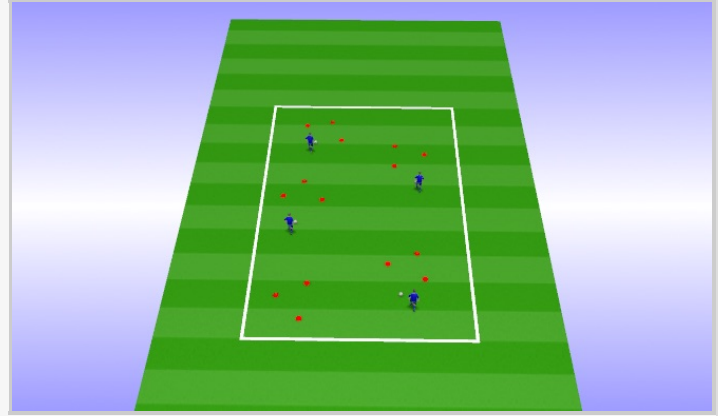
## Screen 3

### Drill 2: Gates (12min)

- Use of the pullback, inside foot turn, outside foot turn. Set up multiple (Triangle gates) in the practice area. Players dribble the ball around/through gates with encouragement from the coach to use different surfaces of feet like, inside of foot turns, and outside foot turns. Progress by pairing the players up and have one with the ball and the other without, player with ball tries to dribble through as many gates as possible in a set time and player without is to stop him/her from doing so by standing inside a gate only ( not taking the ball) after 30 sec or so switch roles on your call.

### Coaching Points:

- use big toe and little toe to dribble.
- Small kicks to keep ball close
- Turns with inside/outside of foot and pullback turn.



## Screen 4

Scrimmage

### Scrimmage (15min)

**LESS COACHING LET THE PLAYERS PLAY**

