

DRIBBLING/BALL MOVEMENT IDEAS

Encourage using all services of the foot – the laces, outside, inside, and sole.

1. Make gentle contact with the ball. Every time you contact the ball in soccer, it's called a "touch." By using gentle touches, you contact the ball more often, which will slow you down initially, but as you get used to making more contact with the ball, it will allow you to advance quickly, but with more control over the ball.

- The more your foot touches the ball, the more control you have over the ball's movement.

2 Keep the ball close to your feet. Keep your knees bent as you pass the ball back and forth between the insides of your feet. Against an opponent, your body should be between the defender and the ball.[1] You'll also be able to change direction faster.[2]

- When you keep the ball close to your feet, defenders have a more difficult time intercepting the ball.

3 Use the leading edge of the foot to dribble galloping. Gallop with the same foot forward every time you step forward. This keeps the ball close to your foot at all times. Keep the leading edge of your foot forward as you're running. This keeps contact between the ball and the leading edge of your foot, giving you the most speed and balance.[3]

- This doesn't apply to making cuts, stops, direction changes, etc. This is just for moving the ball downfield with as much speed and control as possible

4 Keep the ball in the lower edge of your peripheral vision. Beginners, especially, tend to use most of their field of vision on the ball as they develop dribbling skills. Instead, you should practice keeping the ball at the bottom of your peripheral vision as early in the learning process as possible.[5]

- By keeping the ball in your lower field of vision, you can more easily maintain awareness of the rest of the field.

This can help you see holes in defenses, open teammates, scoring positions, etc.

5 Change the pace. Proceeding in an easily predictable manner is the easiest way to get hung up by a defender. Practice changes in your dribbling pace. This way, you can more fluidly change pace in confusing ways on the field to throw defenders off balance.

6 Use your body to protect the ball. Shield the ball with your body when a defender gets close. You can use your whole body to protect the ball. Use your arms, legs, and shoulders to keep the defender away from the ball. Make sure that you are between the defender and the ball.[7] You can also try to keep the ball on the foot that is furthest from the defender.

4v4 Physical Distance Training Session: Dribbling (U6)

Activity 1: 4 Surfaces Dribbling

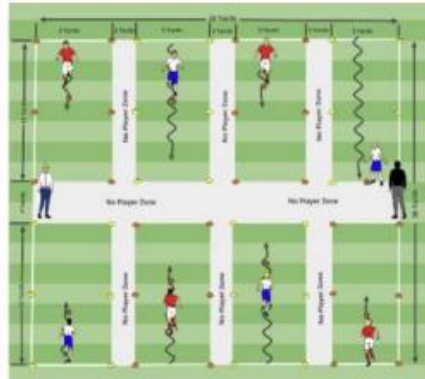
15 min. -10 intervals- 1 min. play + 30 sec. rest



Organization: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players try to use the following 4 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces & bottom (sole). Once they have stopped it with the bottom of their foot, try to repeat the pattern with their other foot. Once the players understand the pattern, try to do it faster; still in the limited space. Remember to account for minimum space requirements for social distancing.

Activity 3: Red Light/Green Light (in lanes)

14 min. -7 intervals- 90 sec. play + 30 sec. rest



Organization: In a 20W x 30L field, set up 3W x 13L lanes with a minimum of 2 yards between each lane & a 4 yard "no player zone" in the middle. Each player start with a soccer ball & plays in their own lane; working toward the central zone. If the ball goes out, quickly retrieve it and come back to your space. When the coach calls out "**GREEN LIGHT**," the players dribble their soccer ball as fast as they can toward the center zone. When the coach calls out, "**RED LIGHT**," the players must stop their soccer ball and put their big toe on top of it. Any player who does not stop their ball must return to the end line where they started and begin playing again. The 1st player to dribble to the end of their lane and stop their soccer ball on the line wins the round. **VARIATION: YELLOW LIGHT** - dribble slow, **BLUE LIGHT** - toe taps on the ball or **PURPLE LIGHT** - hop on 1 foot around the ball.

4v4 Physical Distance Training Session: Dribbling (U8)

Activity 1: 4 Surfaces Dribbling

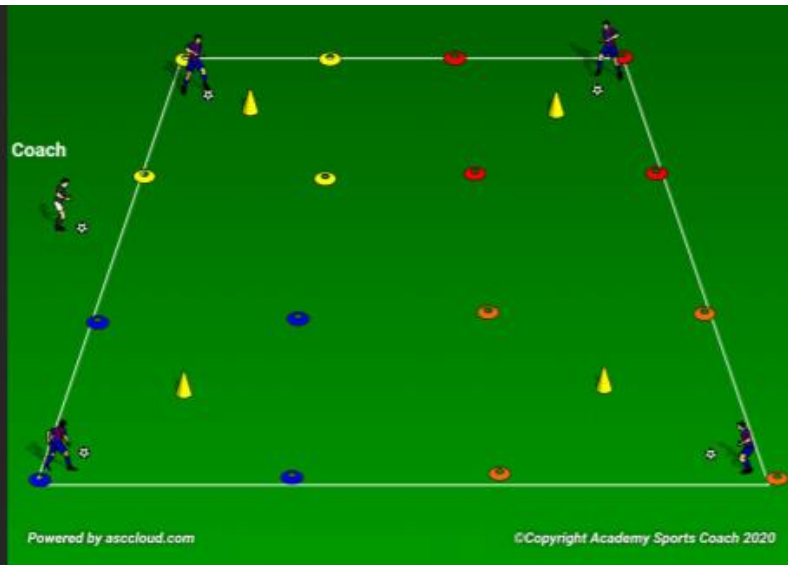
15 min. -10 intervals- 1 min. play + 30 sec. rest



Organization: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players try to use the following 6 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces, bottom (sole), toe & heel. Once they have turned with their heel, try to repeat the pattern with their other foot. Once the players understand the pattern, try to do it faster; still in the limited space. Remember to account for minimum space requirements for social distancing.

5 Cone Individual Dribbling

- 10x10 grids
- 1 player with ball
- 5 cones



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For players 10 & under: Spaces are about 10 yds x10 yds with a cone in the center. Create as many spaces as you need, making sure there is at least 10' between any two spaces. Each player with their own ball.
 1) Demonstrate (either the coach or have one of the players) different change of direction moves. Dribble from an outside cone to the center cone. As the player changes direction at the center cone, they accelerate to an outside cone. When the player gets to the outside cone, dribble around the cone tightly, using the inside or the outside of a foot. Repeat. Change which surface they use and change the foot they use. See how many outside cones they can get to in a minute. Repeat, encouraging the players to try different change of direction touches and utilizing both of these feet.

4v4 Colorado Ball Races

Objective: Work on dribbling while maintaining social distance and speed

Player Actions: Dribbling

Key Qualities: Optimal technical

Michael Freitag



Notes: Ball Races is a competition between two players. The players are given rules for the race and compete to see who can complete the race first. They start at one cone and race to the opposite cone and back. Coaches can use their imagination to and set the rules of what the player must do in the race. Examples such as right foot only, left foot only, roll the ball with bottom of the foot, or simply dribble down and back. Coaches could have several races going on at the same time. Winners move to the left for the next race and losers move to the right. Distance between cones can be determined by coach.

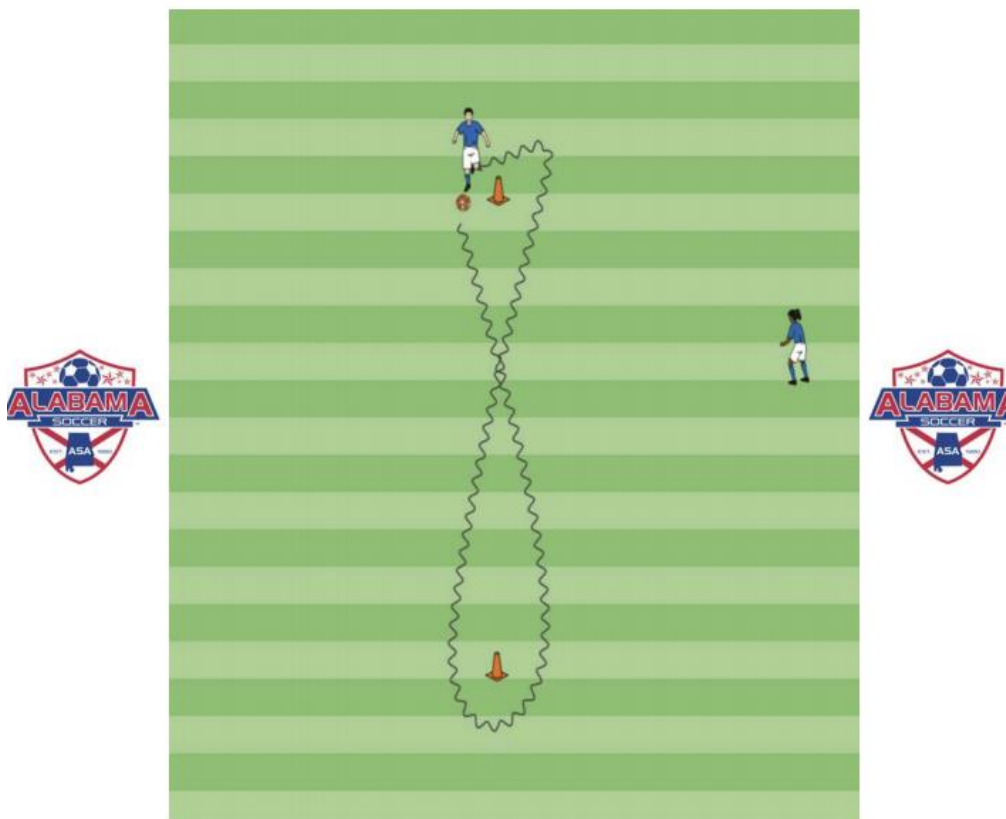
7v7 Figure 8 Dribbling (U9-U10)

Kevin
Laux

Objective: Improve ability to dribble and turn quickly using multiple surfaces of the foot

Player Actions: Pass/dribble

Key Qualities: Optimal technical



Organization: Setup 2 cones 8-15 yards apart. One player starts with a ball on a cone while the other stands 2-3 yards away to count the number of successful turns around each cone. On the coach's prompt the player with the ball begins dribbling in a figure 8 around the cones trying to see how many they can turn around. Take turns and try to beat the previous score.

Notes: Require the use of a specific surface or foot: left foot only, right foot only, etc.

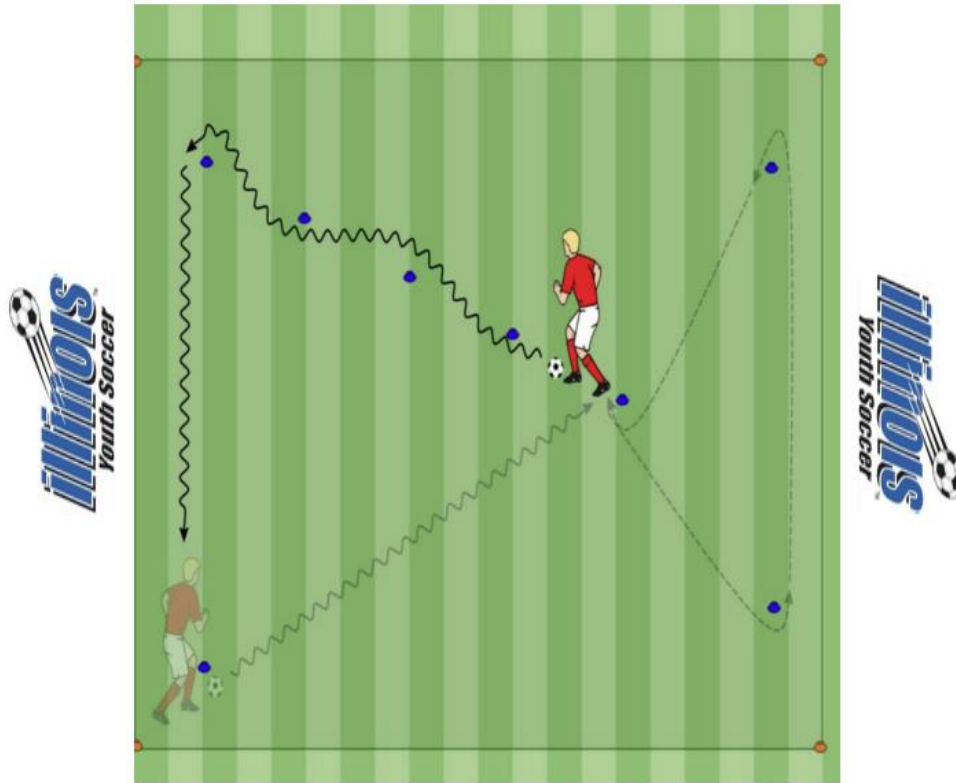
9v9 Running Forward With / Without The Ball (U11-U12)

Adam
Howarth

Objective: To dribble the ball forward

Player Actions: Pass/dribble, Change pace

Key Qualities: Optimal technical, Optimal physical



Organization: 1. Dribble the ball forward as quickly as possible and leave the ball at center cone 2. Run as quickly as possible around the other 2 cones and back to the ball 3. Dribble forward between the cones and back to the starting point as quickly as possible

Notes: Running with and without the ball; Dribbling the ball forward with different speeds; Use both legs and all surfaces of both feet; Quick change of directions and speeds. Skill acquisition - Motor Development - PsychoSocial development (could be used in relay competition)

TURNING /CHANGE OF DIRECTION IDEAS – 8 minute station

Hook (aka Cruyff) turn [LINK](#)

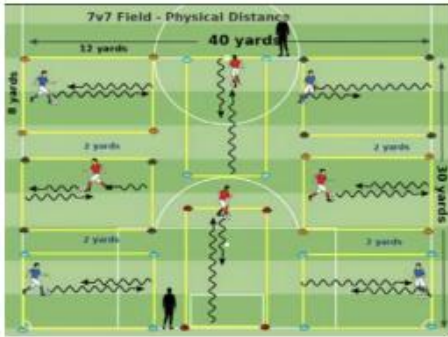
Inside Cut [LINK](#) (1:16)

Outside Cut [LINK](#)

Sole of foot turn [LINK](#)

Activity 1: Running With the Ball

12 min. -12 intervals- 40 sec. play + 20 sec. rest



Organization: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side of the grid and back. Player should perform the following technical tasks:

1. Run to the other side; stop the ball, run back. Three Intervals. **2.** Run to the other side, turn using two touches with the inside of the foot. Three Intervals **3.** Run to the other side, turn using two touches with the outside of the foot. Three Intervals. **4.** Run to the other side, turn using the sole of the foot. Three Intervals.

Activity 2: 3 Turns

15 min. -15 intervals- 45 sec. play + 15 sec. rest



Organization: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side, turn and dribble to the central cone, turn and go to the end line, turn and run with the ball to the start line. Player should perform the following technical tasks: **1.** Turn using the inside of the foot (inside cut). Five Intervals. **2.** Turn using the outside of the foot (out of the foot hook). Five Intervals. **3.** Turn using the sole of the foot. Five Intervals.

Activity 1: Running With the Ball

12 min. -12 intervals- 40 sec. play + 20 sec. rest



Organization: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side of the grid and back. Player should perform the following technical tasks:


1. Run to the other side; stop the ball, run back. Three Intervals. **2.** Run to the other side, turn using two touches with the inside of the foot. Three Intervals **3.** Run to the other side, turn using two touches with the outside of the foot. Three Intervals. **4.** Run to the other side, turn using the sole of the foot. Three Intervals.

Objective: To dribble the ball forward

Player Actions: Dribble the ball forward

Key Words: Head up, Surface, Big touch

Notes: 1. To look where you go with the ball. 2. We want to use the laces portion of the foot. 3. Want to run fast and get to the other side quickly


Activity 2: 3 Turns	15 min. -15 intervals- 45 sec. play + 15 sec. rest
	Organization: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side, turn and dribble to the central cone, turn and go to the end line, turn and run with the ball to the start line. Player should perform the following technical tasks: 1. Turn using the inside of the foot (inside cut). Five Intervals. 2. Turn using the outside of the foot (out of the foot hook). Five Intervals. 3. Turn using the sole of the foot. Five Intervals.

Objective: To dribble the ball forward and turning with the ball

Player Actions: Dribble the ball forward

Key Words: Control, Slow down, Shoulder

Notes: 1. Push the ball in front of you with the laces. 2. Slow down before you execute the turn. 3. Get in the habit of knowing where the defenders are.

Activity 3: 6 Turns	18 min. -18 intervals- 45 sec. play + 15 sec. rest
	Organization: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run with the ball and turn. Player should perform the following technical tasks: 1. Turn alternating the inside of the foot and the outside of the foot (inside cut). Six Intervals. 2. Turn alternating the outside of the foot and the sole of the foot (out of the foot hook). Six Intervals. 3. Turn alternating all 3 surfaces. Six Intervals.

Objective: To dribble the ball forward and turning with the ball

Player Actions: Dribble the ball forward

Key Words: Touches, Acceleration

Notes: 1. The number of touches is determined by the space and the speed we need to get to the other side. 2. Accelerate with the ball after each turn.

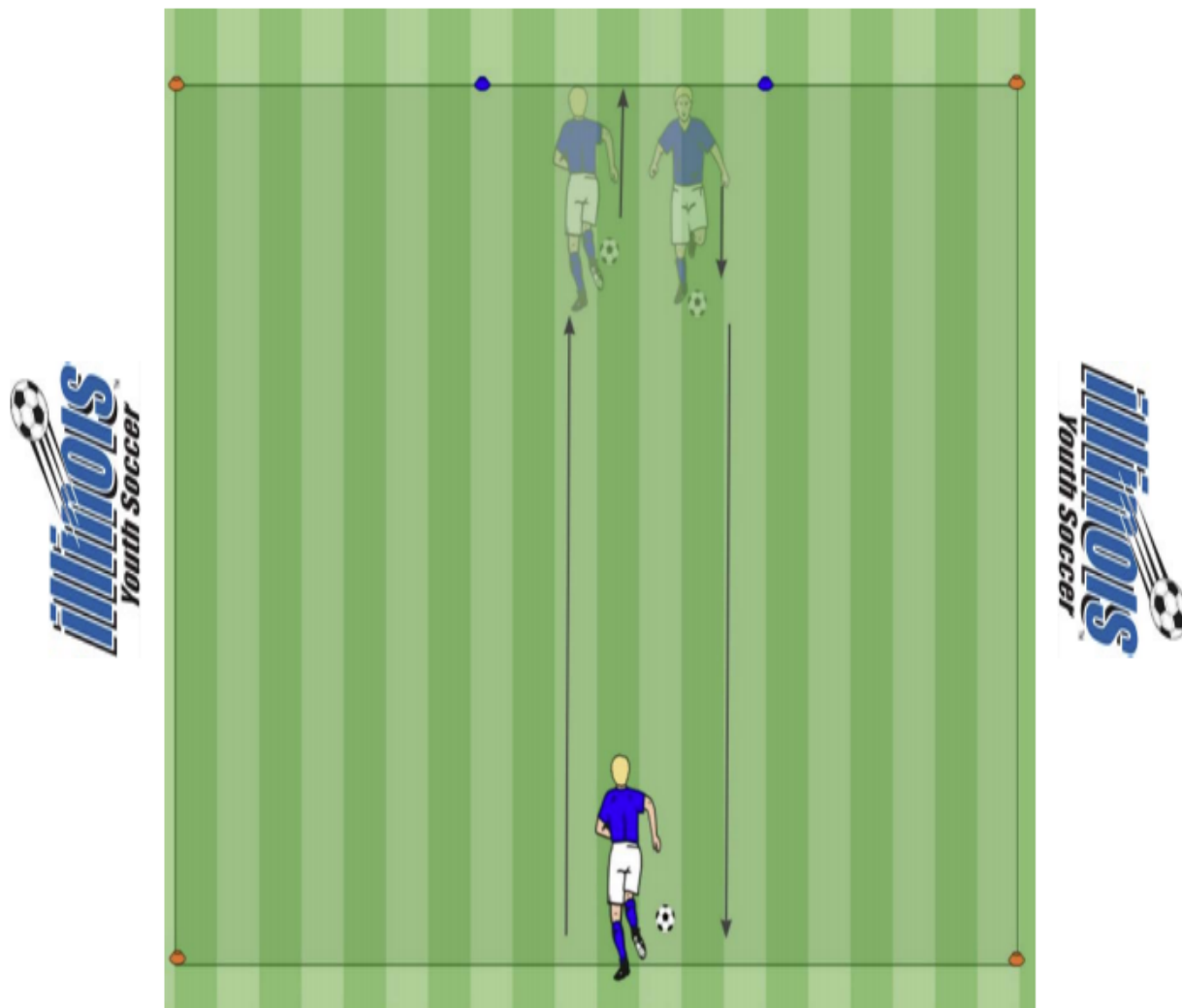
7v7 Turning with the Ball - COVID 19 (U9-U10)

Adam
Howarth

Objective: To dribble the ball forward and turn using 5 different turns

Player Actions: Pass/dribble, Change pace, Change point

Key Qualities: Optimal technical, Optimal physical



Organization: 1. Dribble the ball forward as quickly and head to line between the cones 2. When you reach the cone-turn quickly with the ball 3. Turn and return to the starting point Turns - 1. Stop Turn; 2. Inside Hook; 3. Outside Hook; 4. Stepover Turn; 5. Cruyff Turn.

Notes: Turning with the ball; Dribbling the ball forward with different speeds; Use both legs and all surfaces of both feet; Quick change of direction. Turns - 1. Stop Turn; 2. Inside Hook; 3. Outside Hook; 4. Stepover Turn; 5. Cruyff Turn Can use this as a part of a competitive relay race.

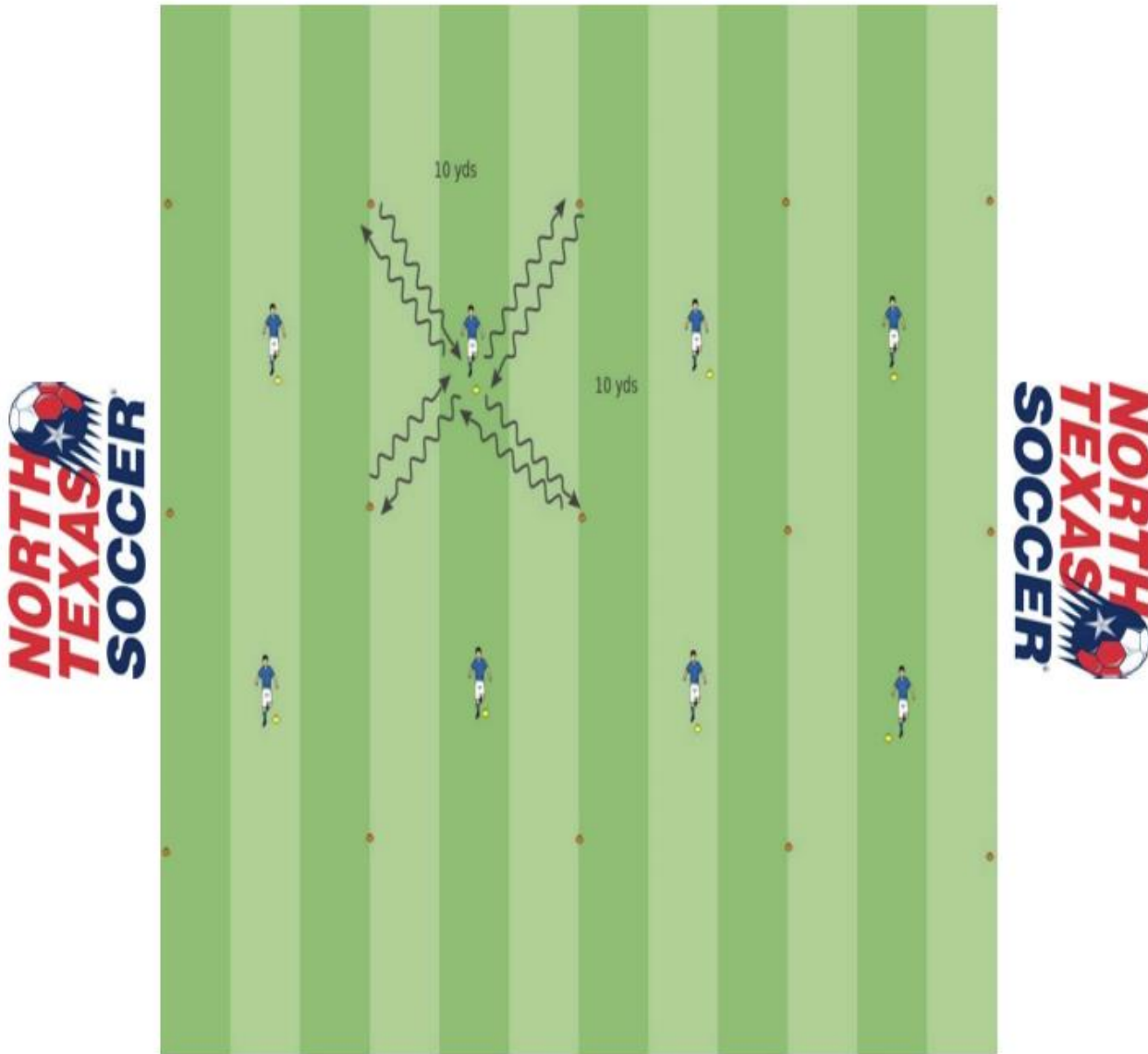
7v7 Turns with the Ball (U9-U10)

Objective: Learn/practice six turns

Player Actions: Pass/dribble

Key Qualities: Optimal technical

Gary
Williamson



Organization: Mark out field space with 10 x 10 yd squares. One square per player. One Ball Per Player. Turn with the ball at the corner and in the middle of the square 7 Turns Total. Go Two Times on the right foot. Two times left foot. Six Turns Total.

Activity 1: Figure 8**12 min. -6 intervals- 1.5 min. play + 30 sec. rest**

Organization: In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble the ball making a figure 8 between two cones. Player should perform the following technical tasks: **1.** Turn around the cone using the inside of the foot. Two Intervals. **2.** Turn around the cone using the outside of the foot. Two Intervals **3.** Turn around one cone using the inside of the foot and the other cone using the outside of the foot. Three Intervals

Objective: To improve the technique of turning with the ball

Player Actions: Dribble the ball forward

Key Words: Head up, Control, Surface

Notes: 1. Keep head up to see direction. 2. Take smaller touches before turning. 3. Use the inside or the outside of the foot to turn around the cone.

U11-U12

Activity 2: Two Turns and Pass**15 min. -3 intervals- 5 min. play + 1 min. rest**

Organization: In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble to the dark cone and perform a turn, dribble back perform the same turn and pass the ball to the other player. Player will perform the following technical tasks: **1.** Turn using the inside of the foot (inside cut) and pass the ball. One Interval. **2.** Turn using the outside of the foot (out of the foot hook) and pass the ball. One Interval. **3.** Turn using the sole of the foot (Drag back) and pass the ball. One Interval.

Objective: To improve the technique of turning with the ball

Player Actions: Dribble the ball forward

Key Words: Control, Slow down, Shoulder

Notes: 1. Push the ball in front of you with the laces. 2. Slow down before you execute the turn. 3. Get in the habit of knowing where the defenders are.

U11-U12

Activity 3: Double Cuts or Double Hooks

18 min. -3 intervals- 5 min. play + 1 min. rest



Organization: In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble to the dark cone and perform a turn, dribble back perform the same turn and pass the ball to the other player. Player will perform the following technical tasks: **1.** Turn using a double cut with the inside of the foot) and pass the ball. One Interval. **2.** Turn using a double hook with the outside of the foot and pass the ball. One Interval. **3.** Turn using a double cut at one cone and a double hook at the other cone. One Interval.

Objective: To improve the technique of turning with the ball

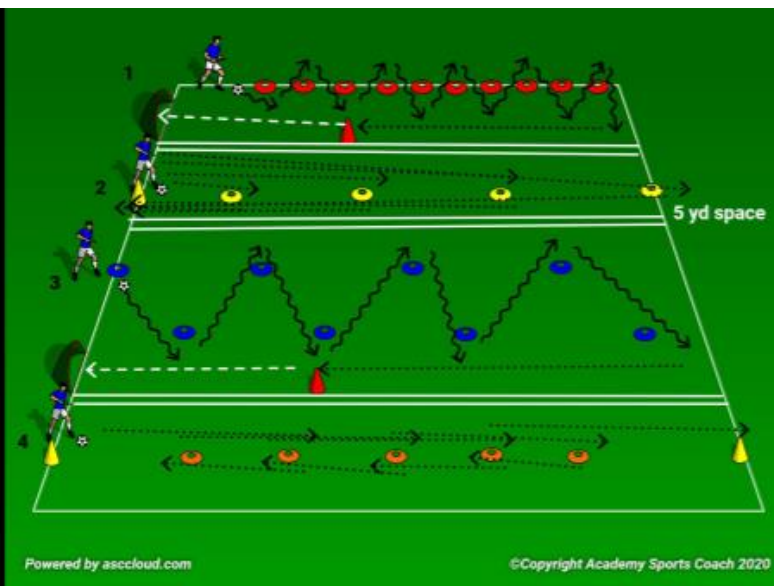
Player Actions: Dribble the ball forward

Key Words: Small touches

Notes: 1. Small touches to control the ball before the turn. 2. Accelerate with the ball right after each turn.

Varied Individual Dribbling Work

- 15x10 grid
- 4 field players each with a ball
- 27 small cones; 5 tall cones
- 2 mini goals



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Station Work: 2 minutes at each station, 1 minute rest between stations. Be sure players stay a minimum of 10' apart. Set up each station a minimum of 5 yds apart.

1) One foot only each time, using inside and outside of the foot. Dribble in and out of each cone. After the last cone, turn and sprint dribbling the ball to the taller cone and finish with a pass to the small goal (target). Repeat.

2) Speed dribble out and around the first cone and return to go around the tall cone. Repeat for each of the cones. Repeat as

Dribbling Activity

- Coach can demo
- Dribble Freely in the Grid
- Pull Back
- Outside Right
- Outside Left
- Inside Right
- Inside Left
- Burst Laces for Speed around cones to compete with other
- Moves Step over, Scissors, etc.

Coaching Points

- Head Up
- Control the Ball
- Keep the Ball Close
- Small touches

Time: 15-20 Minutes

