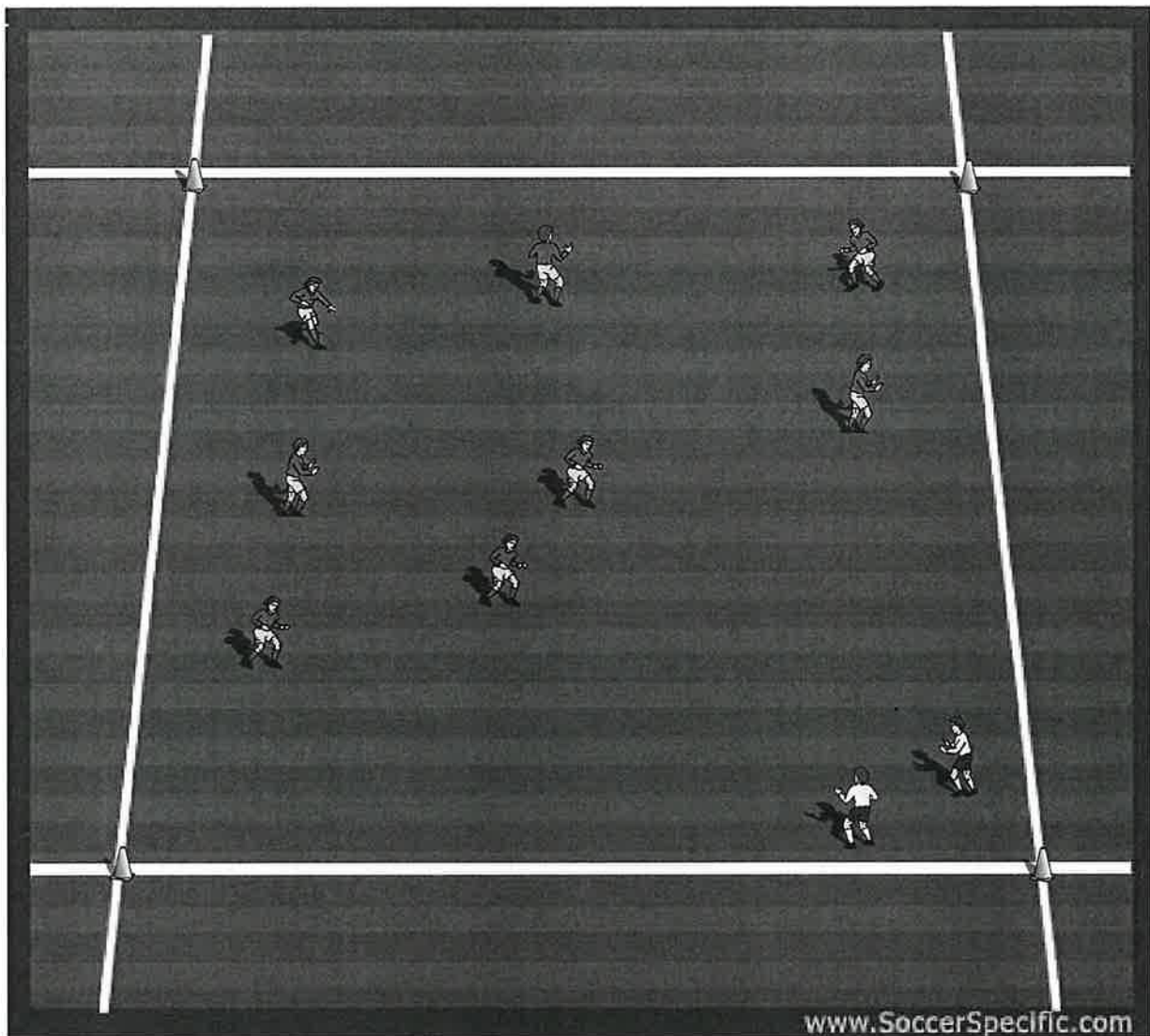


Dribbling practice

Pull the Pinny



Pull the Pinny

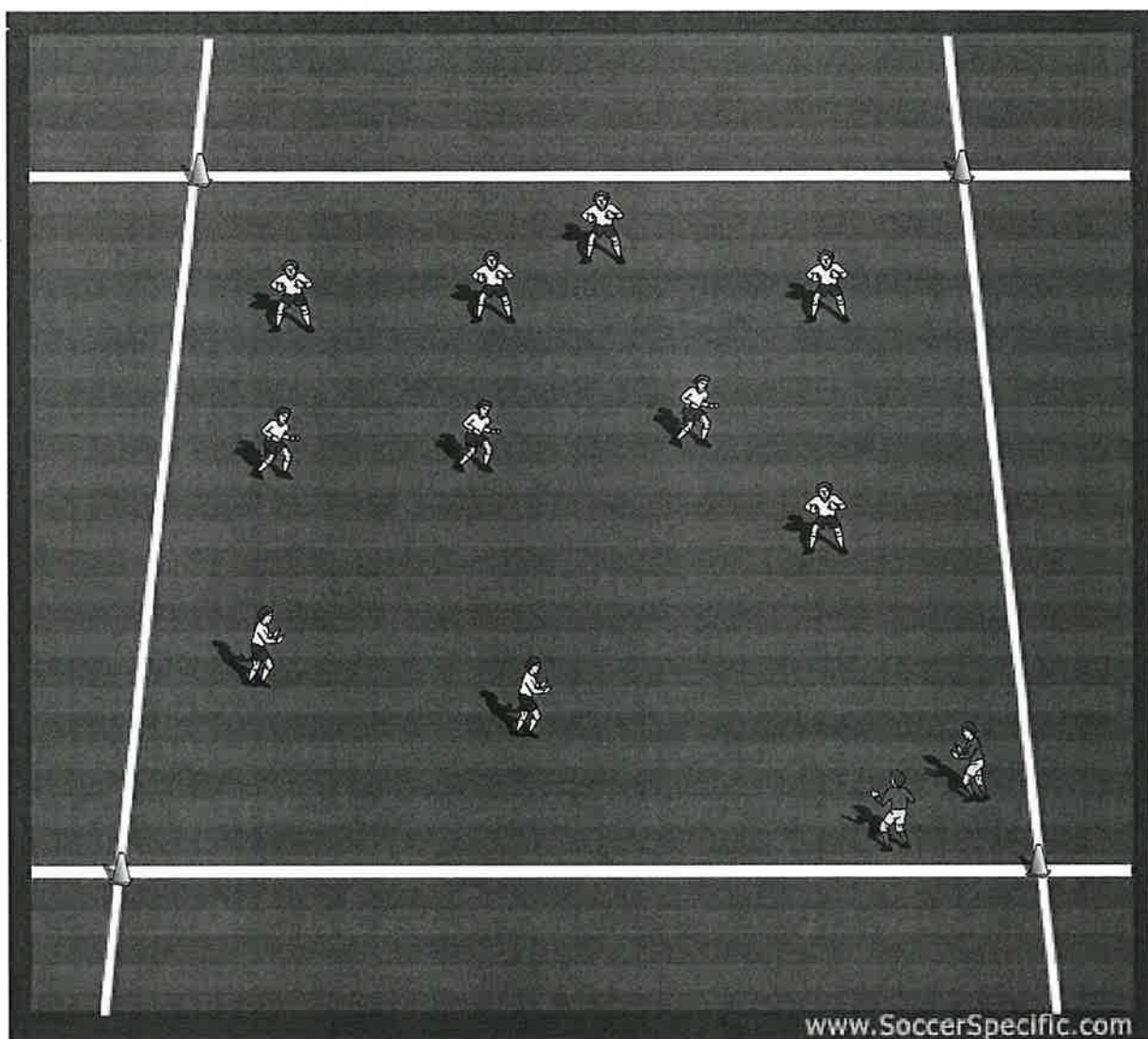
Purpose-To improve soccer related movement.

Organization

Set up a 20x20 grid, two players wearing a different color scrimmage vest to separate them from the other players in the grid.

All other players get a scrimmage vest and tuck it down their shorts and it hangs down like a tail. On coaches command the two players run around trying to pinch the players tails. Once a players tail has been pinched, they help and join the others, until all pinnies have been pinched.

Bridge Tag



Bridge Tag

Purpose- Fun warm up for players before soccer exercises

Organization-

20x20 Grid

Two red players stand alone on the side (monsters), ready to tag players waiting in the grid (Yellow Players)

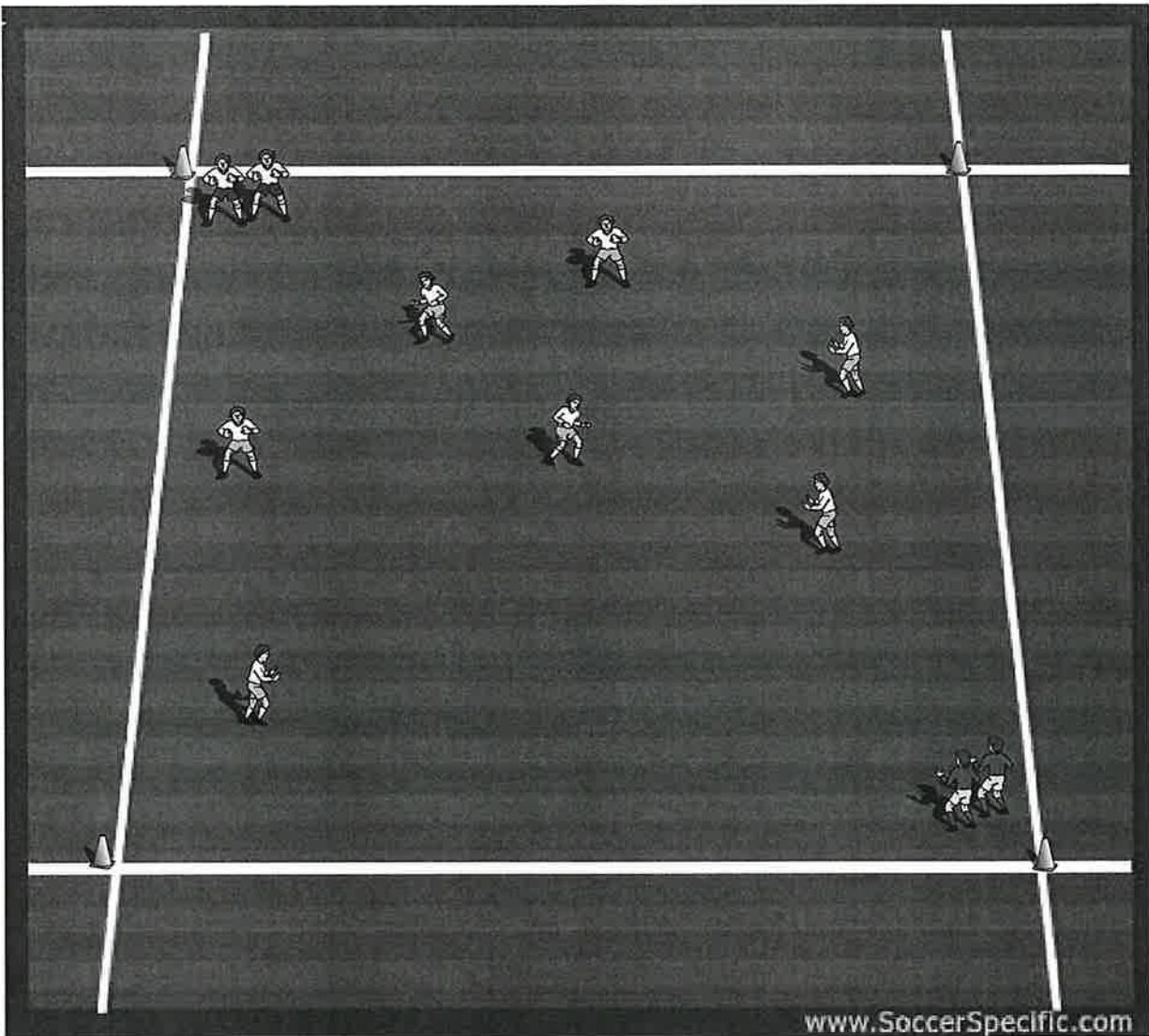
When a player is tagged, they go down on all fours and make a bridge.

To become free a yellow player in the grid a teammate must crawl under the bridge for the player to become free.

Play for 90 seconds. For the monsters to win all the players must be tagged and in a bridge position

For the yellow players in the grid to win, one player must be still standing and not in a bridge

Chain Tag



Chain Tag

Purpose- Fun warm up players before soccer exercises.

Organization

20x20 grid

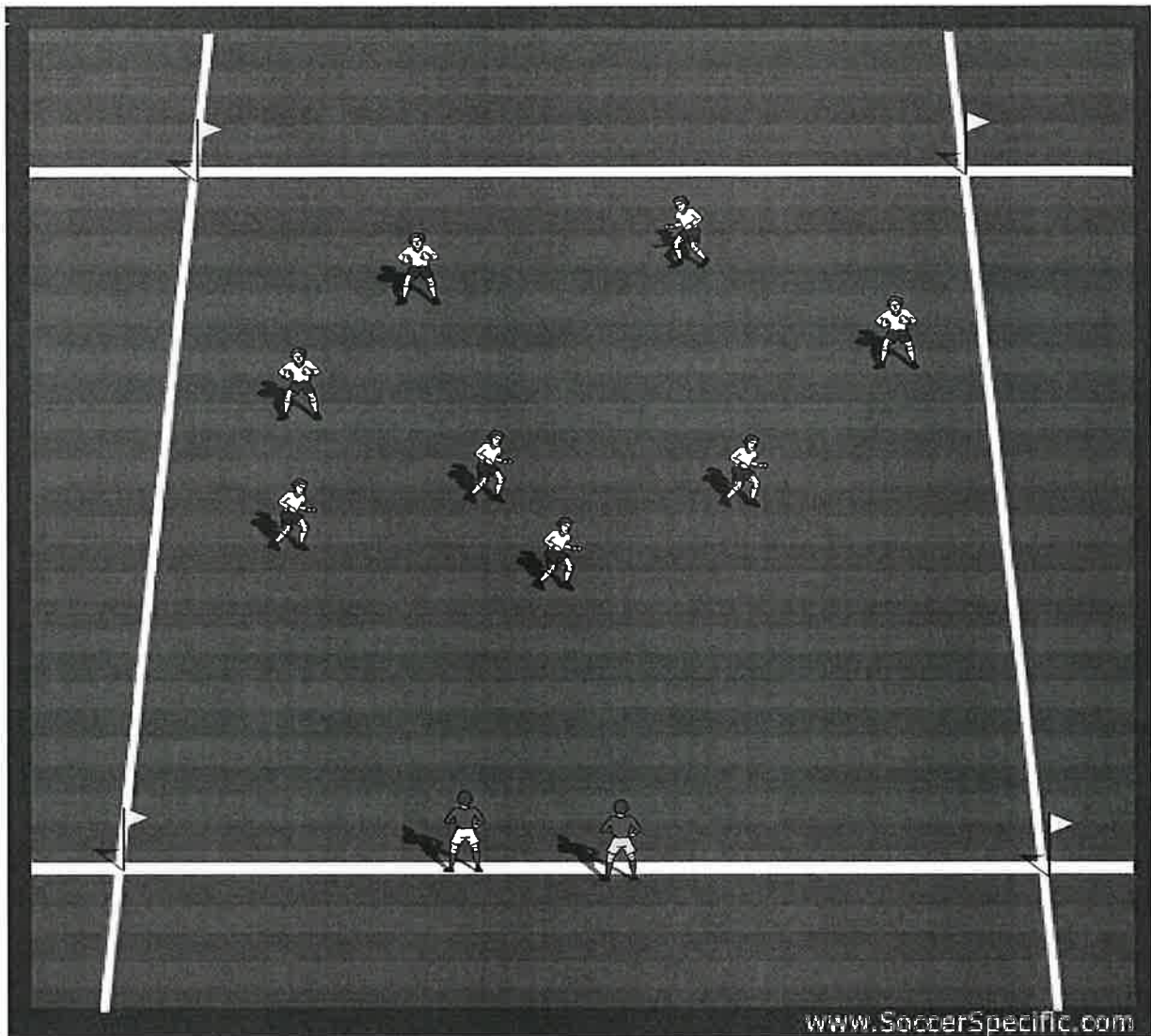
Two teams of two in scrimmage vests

All other players inside the grid

On coaches command the teams in scrimmage vests run around the grid and try to tag the neutral players in white. The team who tag the most players wins the game

All players must stay in the 20x20 grid.

Railroad Tag



Railroad Tag

Purpose- Warm up to get body ready for soccer practice.

Organization

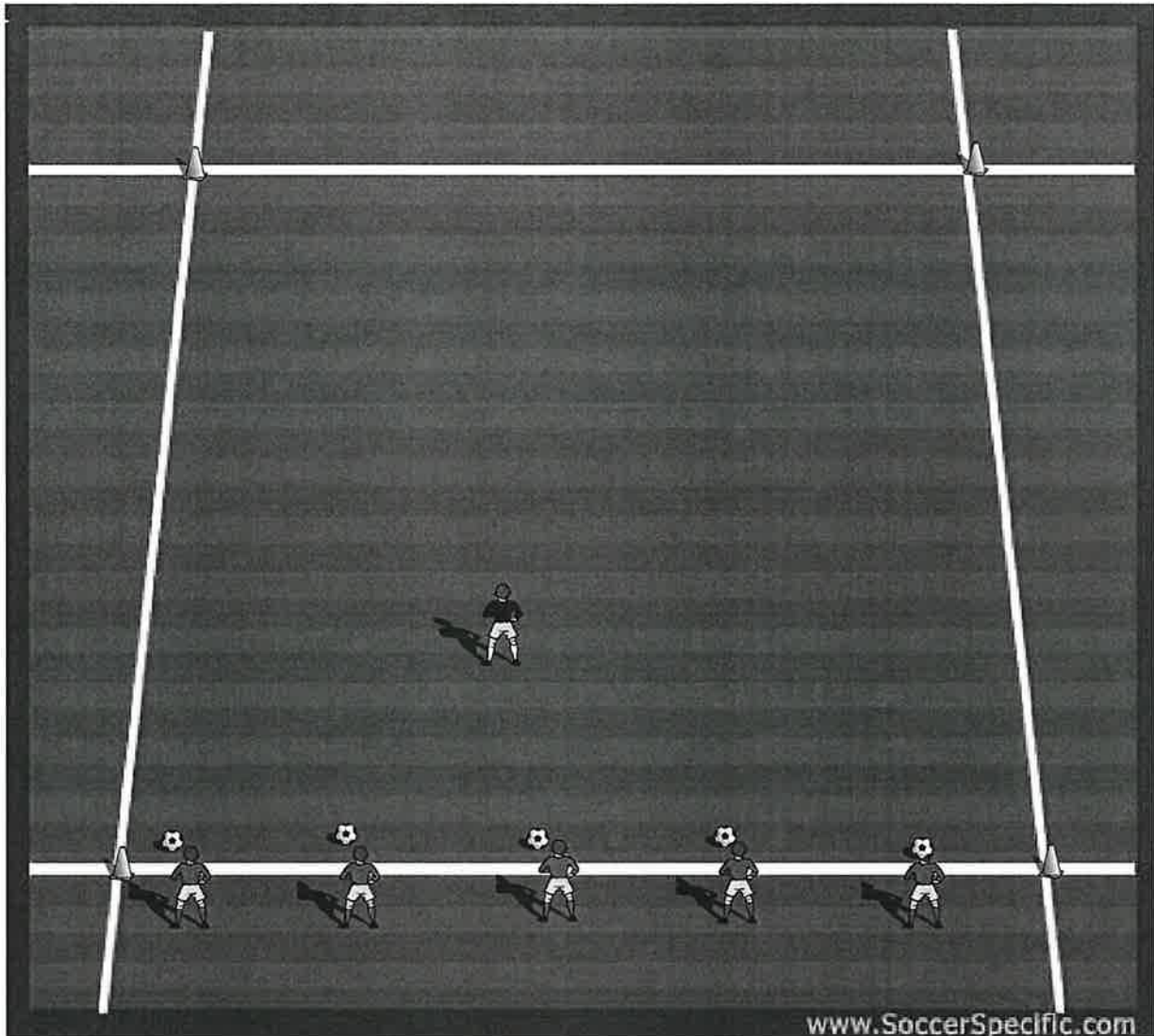
Two players will be designated as "it."

On coaches command the players who have been designated as "it" will chase all of the other players around the field and try to tag them. If a player is tagged, they have to lie down on the ground on their stomach, like a railroad track. Another player that has not been tagged yet, can jump over the player that is lying down and then they can get up

Coaching Points

Work on agility and movement

What's the Time Mr. Fox?



Whats the time Mr Fox

Purpose- To improve **turning** and **change of speed** while **dribbling**.

Organization- Each player has a ball and the exercise is played in a 20x20 yard area. The game begins by the players asking the coach "What time is it Mr Fox?" The coach turns around and calls a time such as 6 O' clock. Players and coaches then take six steps forward and ask again. "What time is it Mr Fox?"

This continues until the coach calls "DINNER TIME" As soon as this happens, players need to turn with their balls and get back to the starting line before the coach (Mr Fox) tags them. If players are tagged, they become Mr Fox with the coach.

Progression- Ask players to dribble with weaker foot only

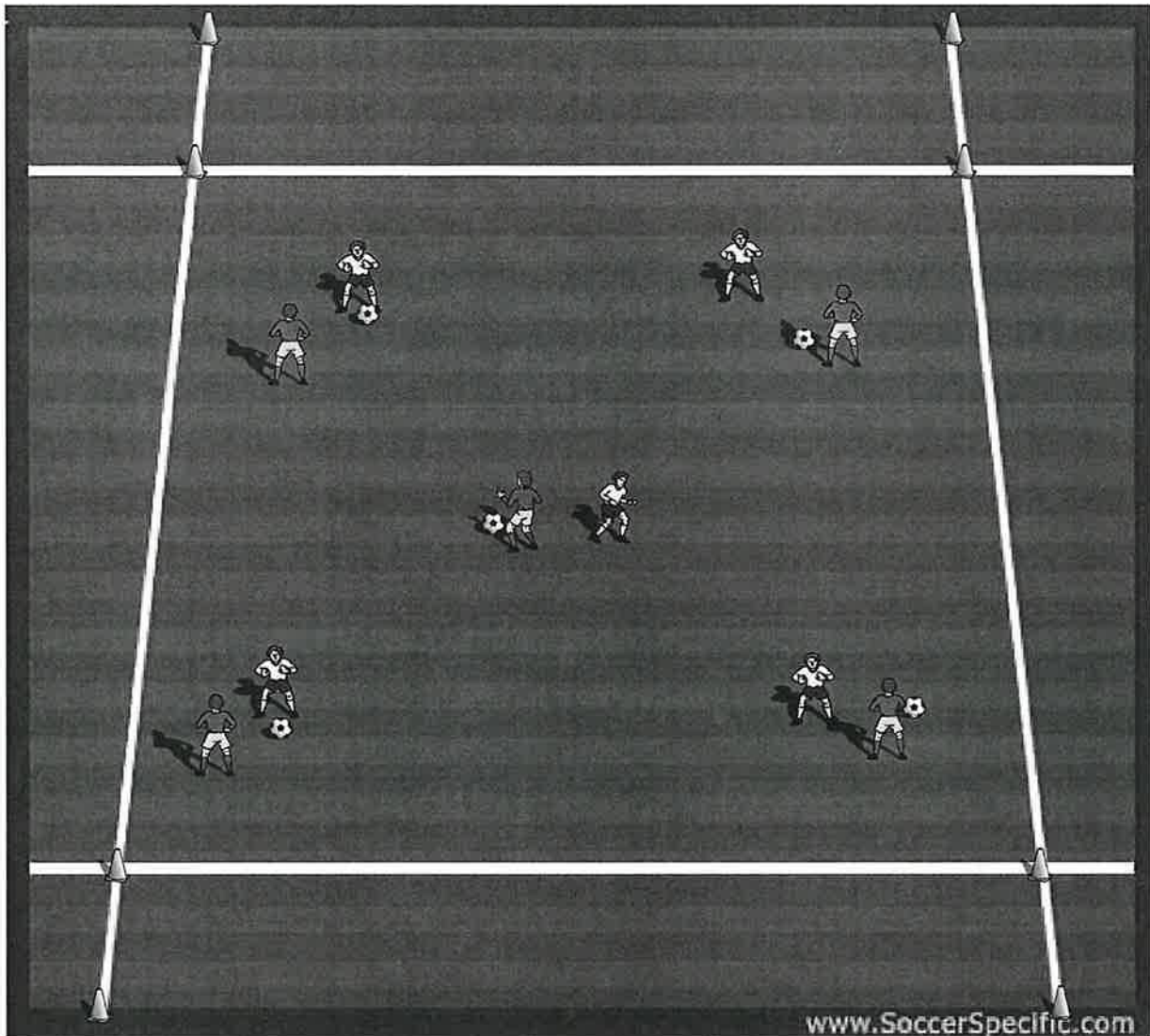
Coaching Points

Keep the ball Close

Turn and accelearte away

Listen to the coach and be aware of where you are on the field

Dribbling 1v1



Dribbling 1v1

Purpose- Small sided activity to improve **dribbling** skills

Organization- Set up a grid 15x25 with two end zones. Divide teams into two equal teams of four. To score a point players must dribble the ball over the end line and stop the ball. After stopping the ball they then attack the other end. Play for 10 minutes, winning team is the team with the most points.

Progression- Ask players to dribble with weaker foot only.

Coaching points

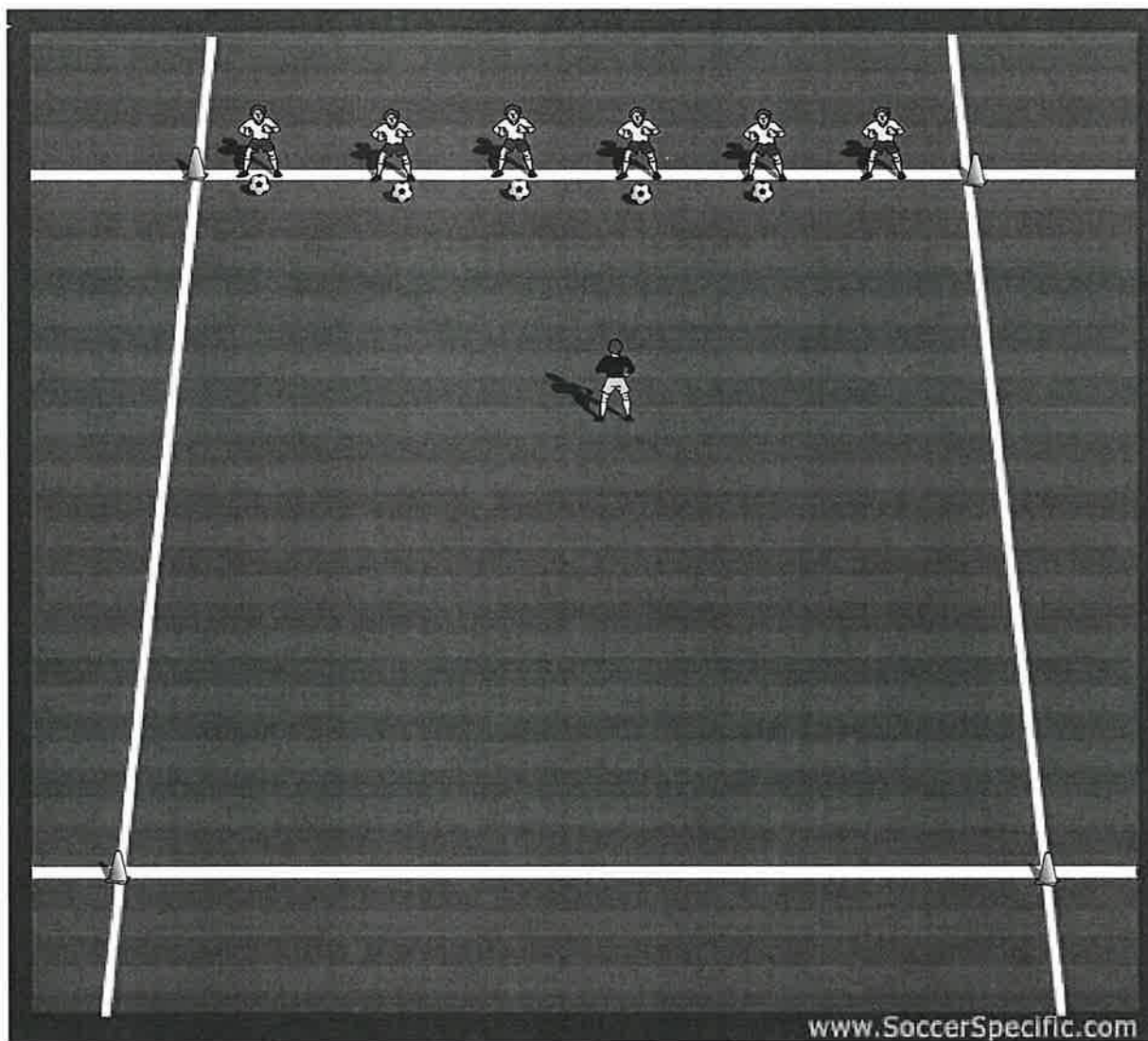
Encourage players to take players on in 1v1 situations

Keep ball close in tight situations

Keep head up to see all options

Positive first touch and open hips when receiving the ball to give you maximum options

Crab Attack



Crab Attack

Purpose- Improve **dribbling** skills under pressure

Organization

Each player has a ball and attempts to dribble from one side of the grid, past the crab in the middle of the field and to the other side. To give the players more chance of success, the crab must be down on all fours.

Before you get to the other side, the players who are dribbling must touch the ball at least five times.

If the player is touched or his/her ball is touched on the way to the other side, they become a crab (the crab must go down on all fours and shout 'crab attack')

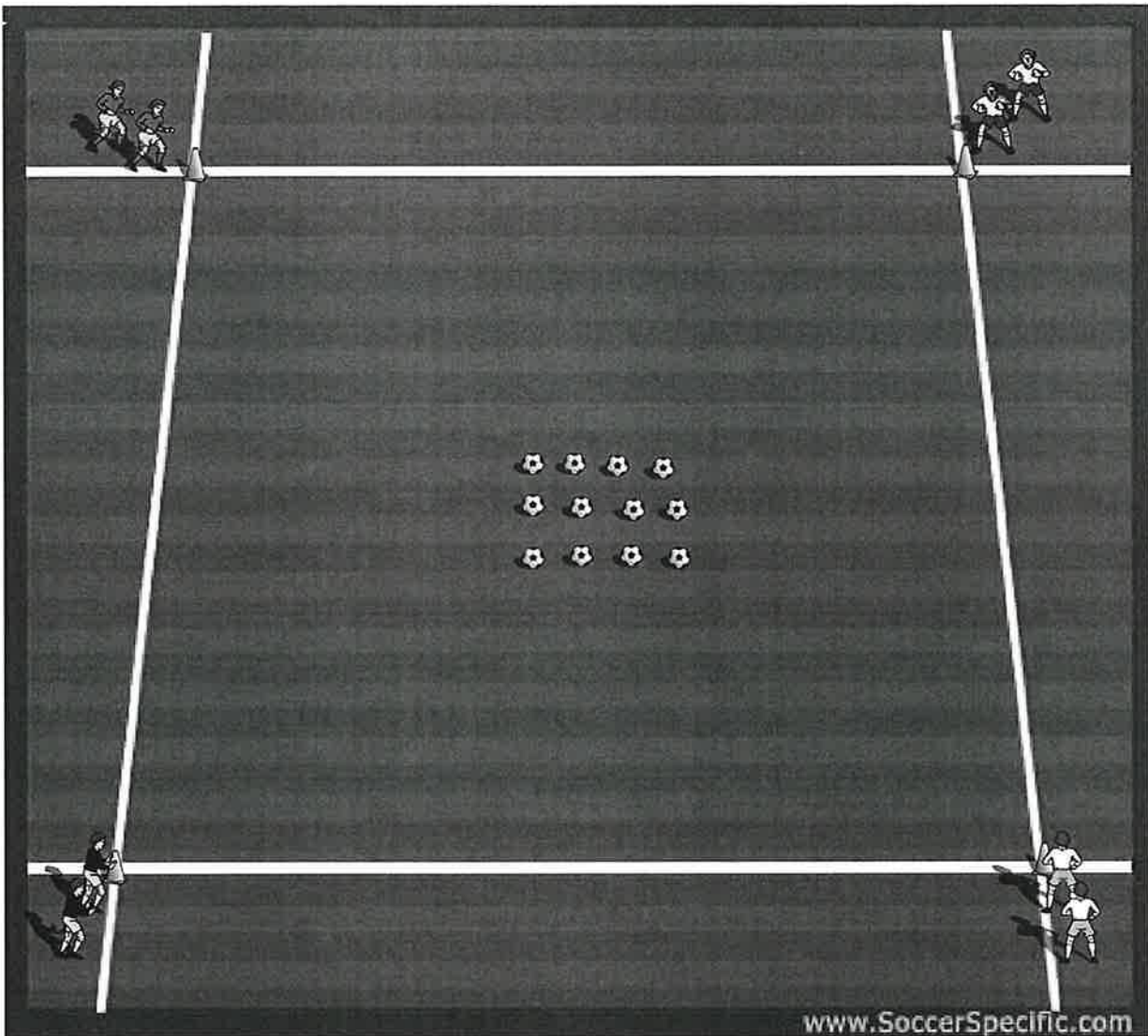
Coaching Points

Try to use both inside and outside of the foot, to take you into the space and past the crab.

Keep nose in front of the ball, to see where the space is and the crabs are.

Work on change of pace, keep the ball close in tight spaces, then explode into the open spaces when past the crabs.

Robin Hood



Robin Hood

Purpose- To improve **dribbling** skills

Organization

Set up a 20x20 grid with two players on each corner. When the coach gives the command "GO", players take turns in running to the balls in the middle and bringing one back to their team. When all the balls are gone, players are allowed to steal balls from other teams. Winning team is the team with the most soccer balls when the coach calls "STOP"

Progression- Ask players to play the game with their weaker foot only.

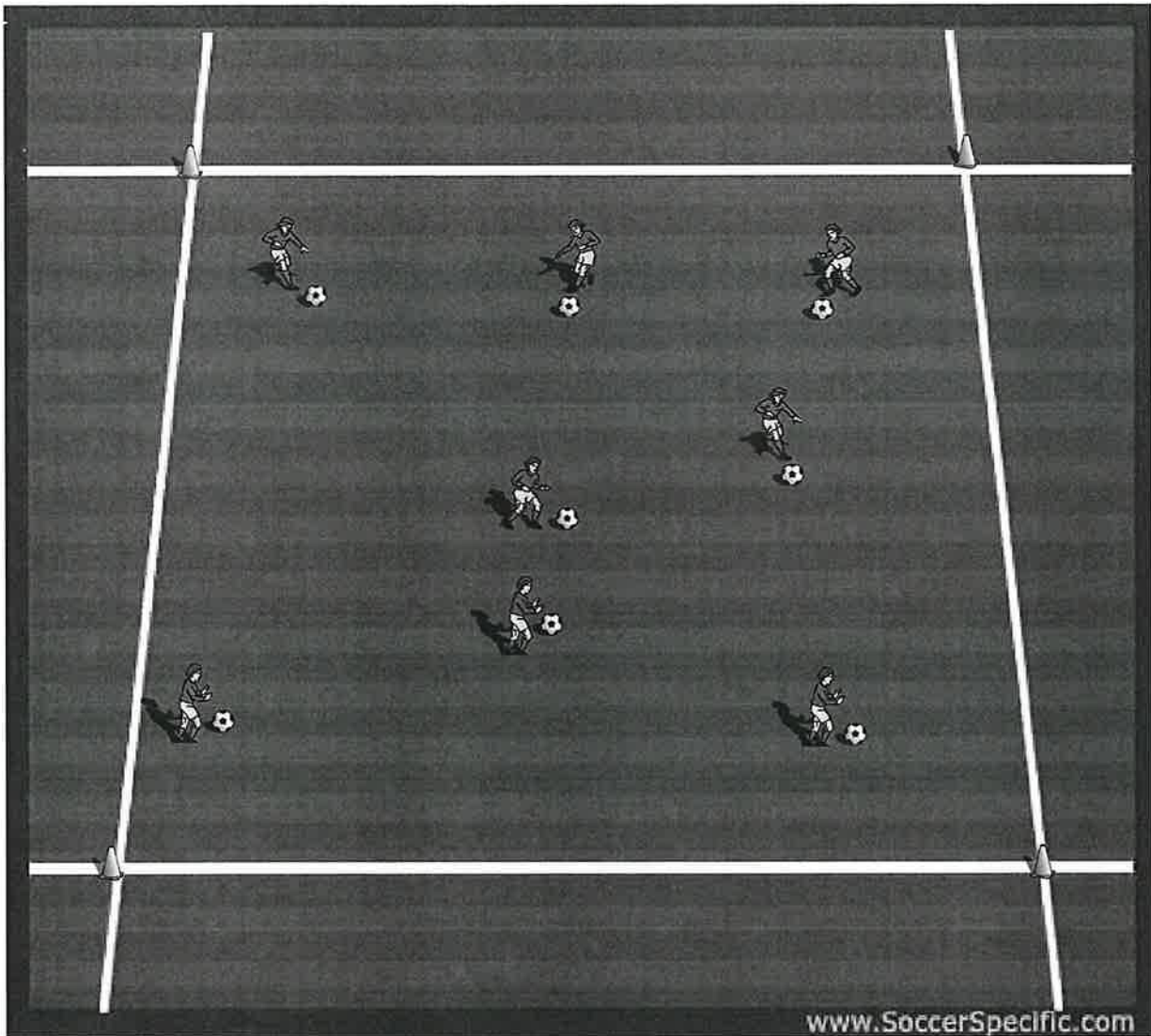
Coaching Points

Keep the ball close

Use all surfaces of the foot to dribble with

Keep head up to look for space and who has the most soccer balls to steal from.

Soccer Knockout



Soccer Knockout

Purpose- To improve **dribbling** and shielding skills.

Organization- Each player dribbles in a confined space approx 15x15 and tries to kick another player's ball out of the grid, without losing possession of their own ball. Players can return to the game after completing an assigned task (i.e ten toe taps) If players can retrieve their own ball before it leaves the grid, they keep playing.

Progression- Make the grid smaller or play the game in teams.

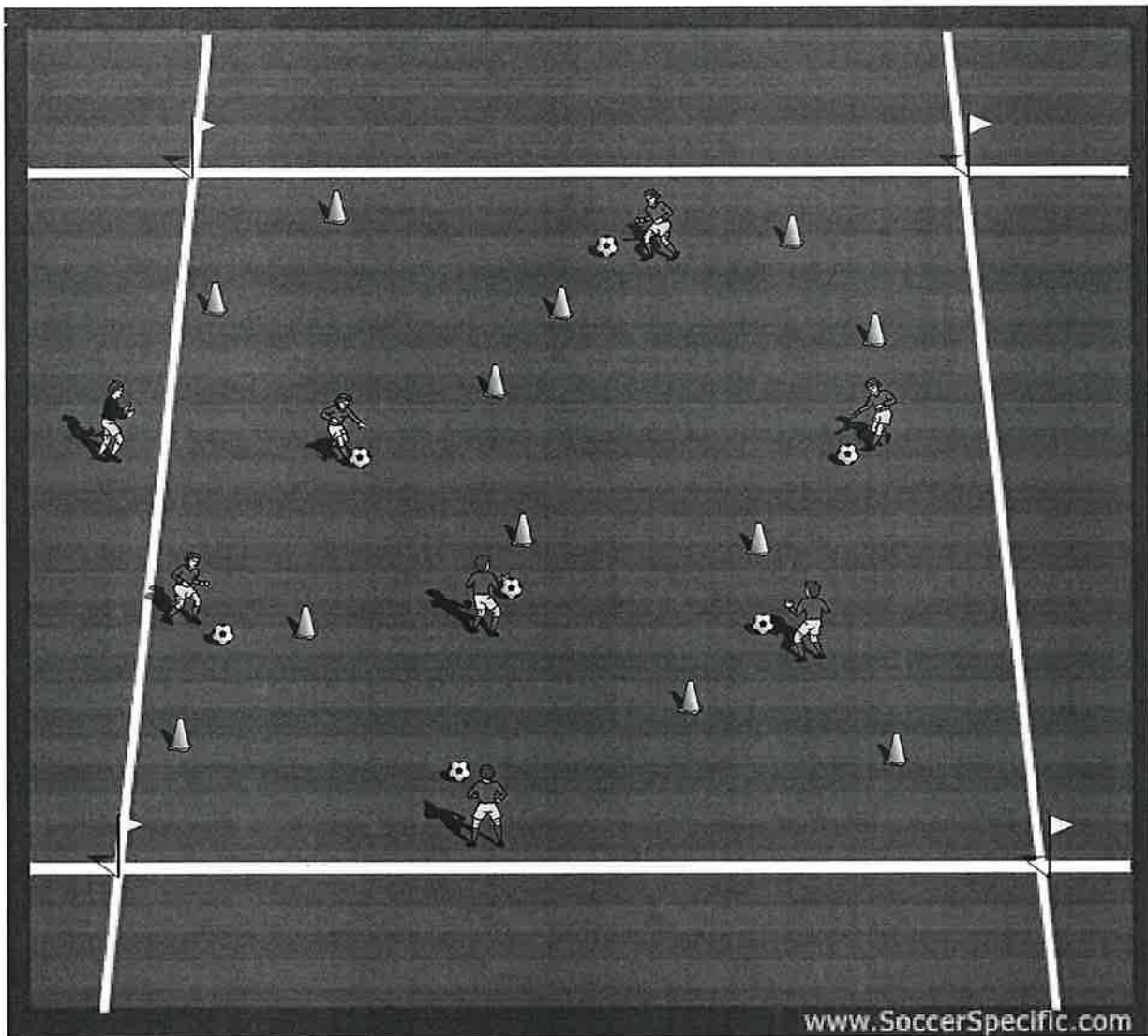
Coaching Points

Keep heads up to see if they are being chased and where the free space is in the grid.

Shield the ball by placing your body between the ball and opponent.

Try to have your shoulder, hips and side to the opponent.

Road Runner



Road Runner

Purpose- To improve **dribbling** skills

Organization- Players enter a 30x30 yard grid. Each player has their own soccer ball and gates are set up in different parts of the grid. On the coach's command, players must dribble through as many gates as they can in 60 seconds. Players score 1pt for every cone they dribble through, players loose 1pt every time they hit a cone or bump into another player.

Progression- Ask players to use weaker foot only and dribble around the cones in a figure of eight.

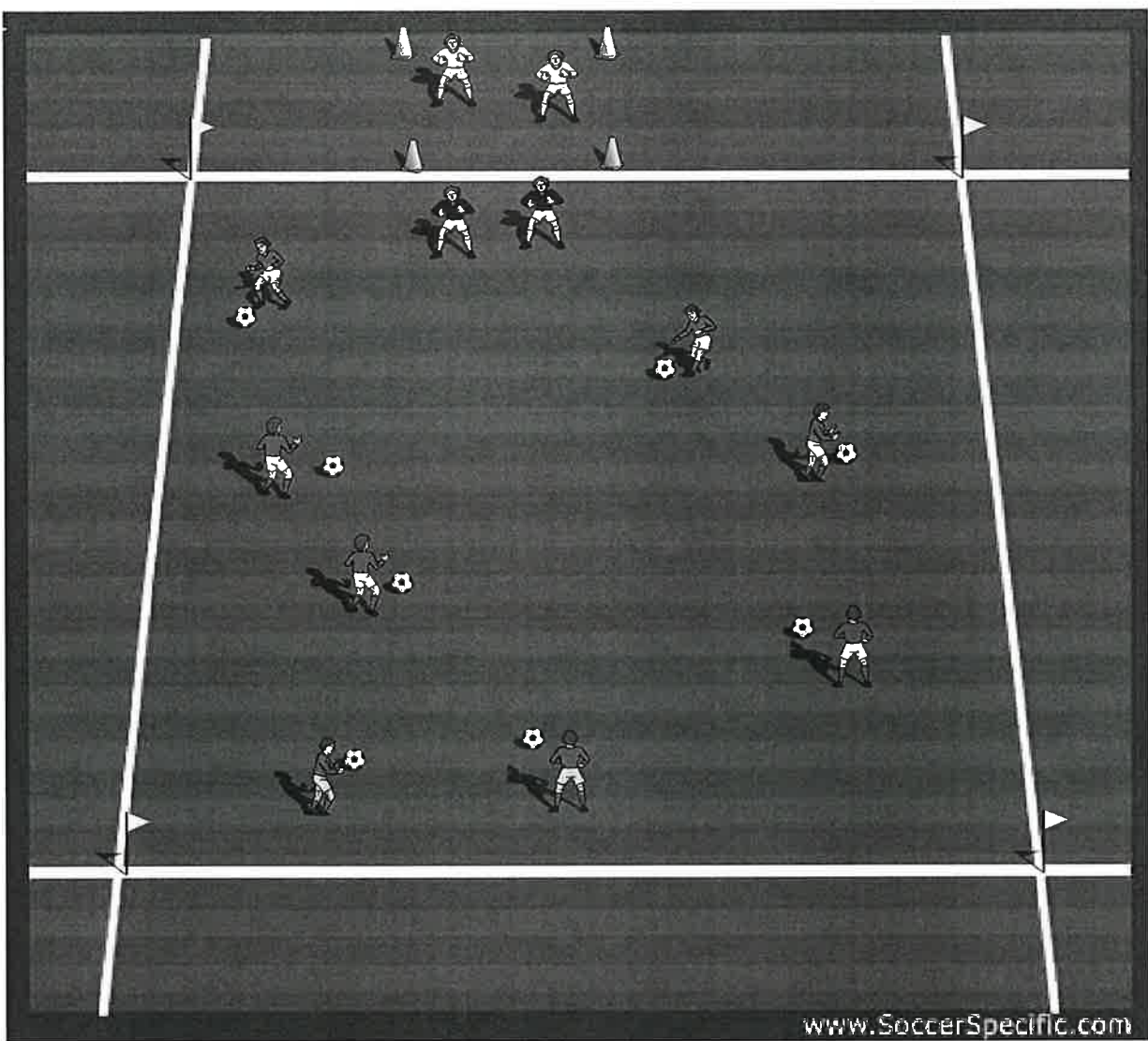
Coaching Points

Keep nose in front of the ball, to see where everyone is and where the gates are located.

Keep ball close in crowded areas

Work on change of pace and accelerating through the gates

Hospital Tag



Hospital Tag

Purpose- To improve **dribbling** skills under pressure

Organization- Set up a 20x20 grid and put four cones outside the grid, with two neutral players inside and call them paramedics. Red players are told to dribble around the grid, while the players in black (the monsters) run around attempting to tag the red players. The first time they are tagged, they are told to hold their arm, the second time they are tagged, they hold their arm, and leg while still dribbling. The third time they are tagged they go down on one knee, holding their leg and arm calling for a paramedic. One paramedic comes running out, links arms with the player and takes them back to the coned area. The injured player performs five toe taps in the ER (coned area) and returns to the game.

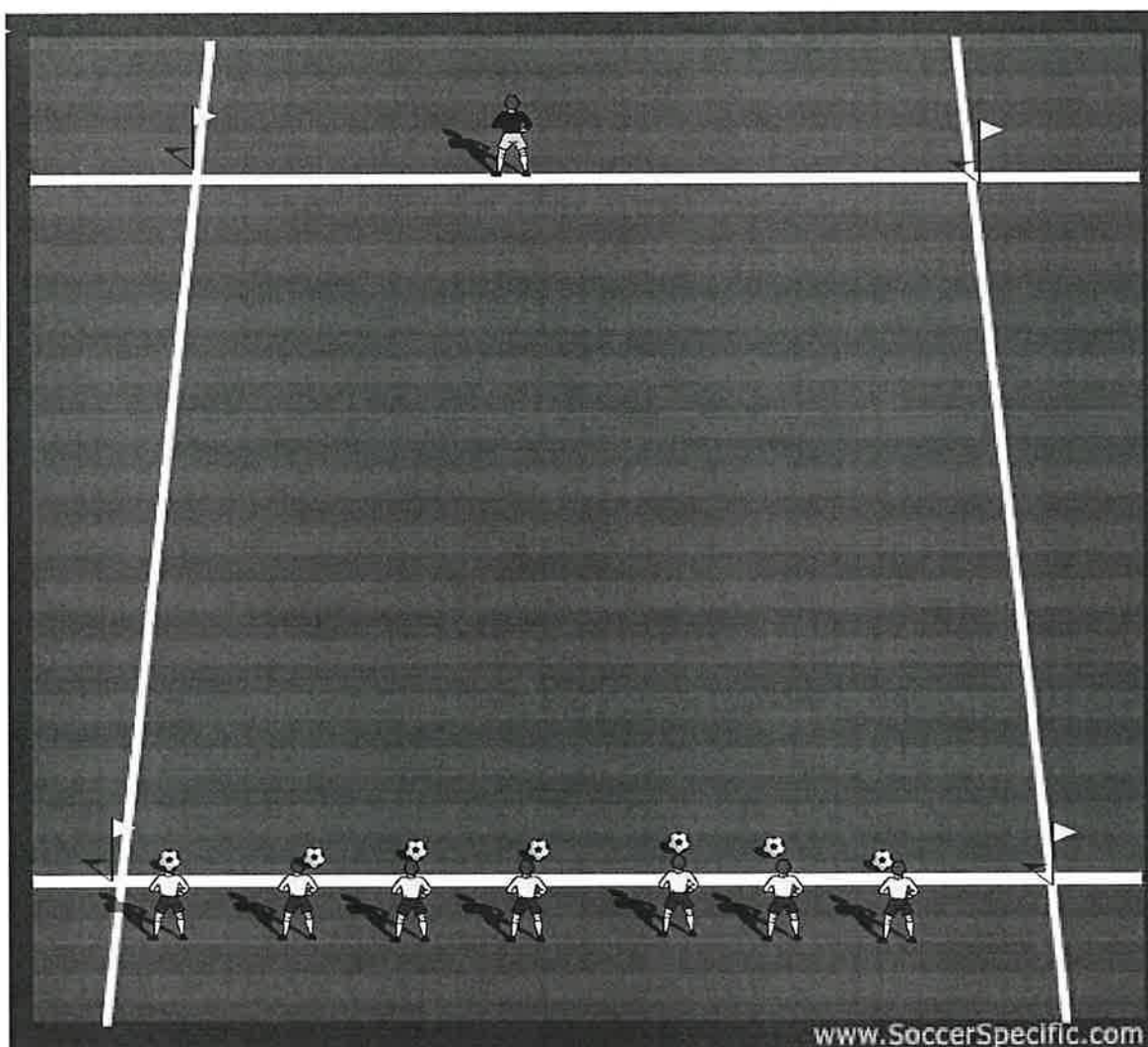
Progression- Add another monster, to give even less time for players to think and rest.

Coaching Points

Keep the ball close

Keep head up, look for space and to stay away from monsters.

Red Light, Green Light



Dribbling Games Red light, Green light

Purpose Starting and stopping the ball and improve vision

Organization

Players line up at the one side of the 20x20 area

Coach stands on opposite side with a red and green cone

When coach holds the green cone in the air, players dribble forward

When coach holds the red cone up in the air, players need to stop ball immediately

If the coach turns around and player is still moving when the red cone is in the air he/she must go back to the beginning and start again.

Coach continues to change from red and green cone to confuse players. The first player to make it to the coach wins the game

Progression- Ask players to use weaker foot only.

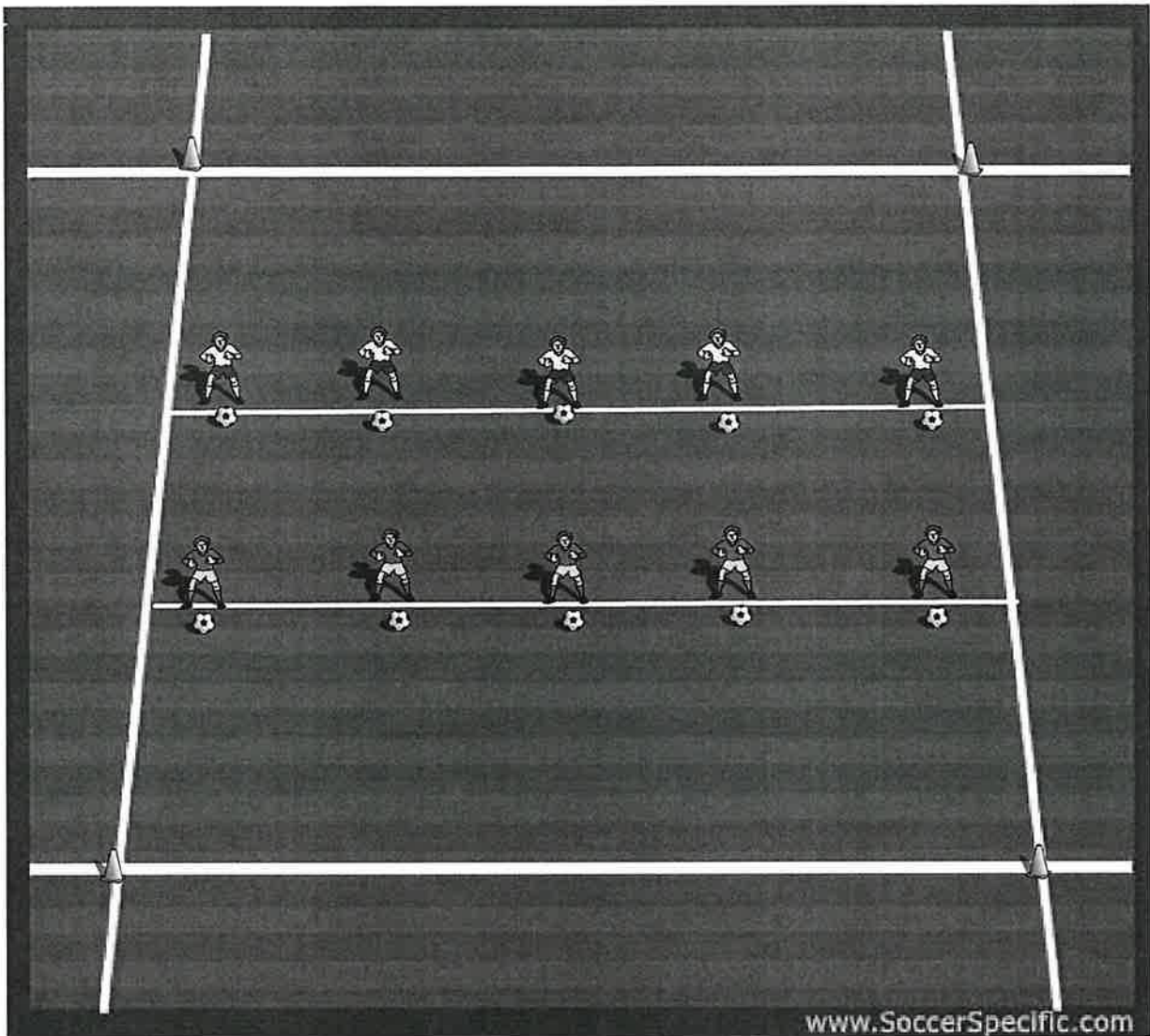
Coaching Points

Keep the ball close

Keep head up

Use all different parts of the foot to dribble with (laces, sole, inside and outside)

Crows & Cranes



Crows and Cranes

Purpose- To Improve **dribbling** skills

Organization- Set up the grid as shown above. Divide teams into two groups. When either team is called they must dribble to the end line while being chased by the other team (without balls) Every time a player is caught, you gain a point for your team. The player chasing must touch their partners ball to gain the point.

Progression- Vary the size of the space or vary the starting position between the two teams.

Coaching Points

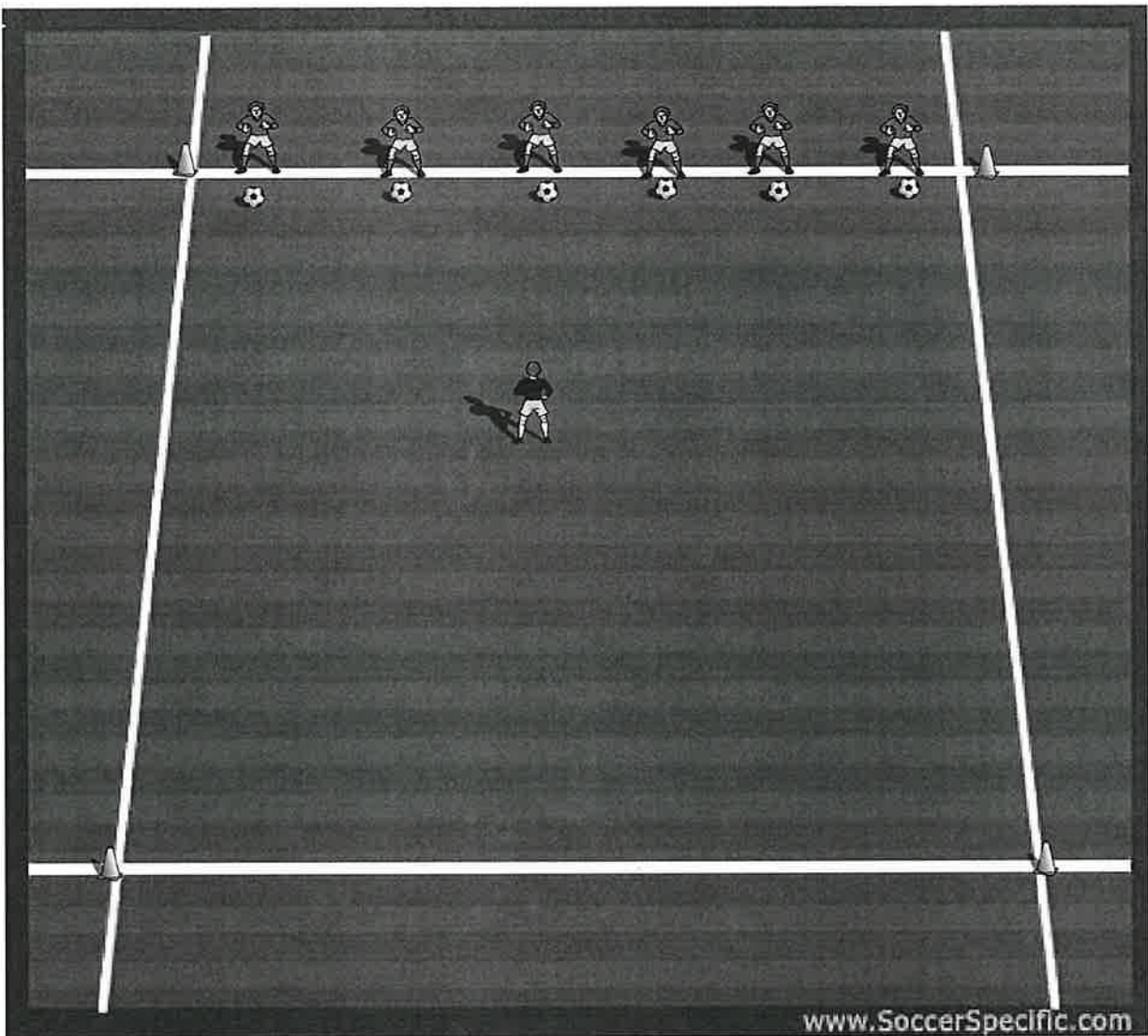
First touch should be long and out of your feet to get maximum speed.

Player encouraged to use instep or outside of foot to dribble with.

In between touches, players should be looking up.

Angle the dribble in front of the pursuing defender to cut off their path.

Sharks & Minnows



Sharks and Minnows

Purpose- To improve **dribbling** skills

Organization- Players line up on a line with a soccer ball. A player or coach stands in the middle as the 'shark'. On the coach's command, players attempt to dribble across the area to the opposite line. If the player's soccer ball or themselves are touched, they become a shark.

Progression- When a shark wins the ball, they must dribble out of the area before the minnow is caught.

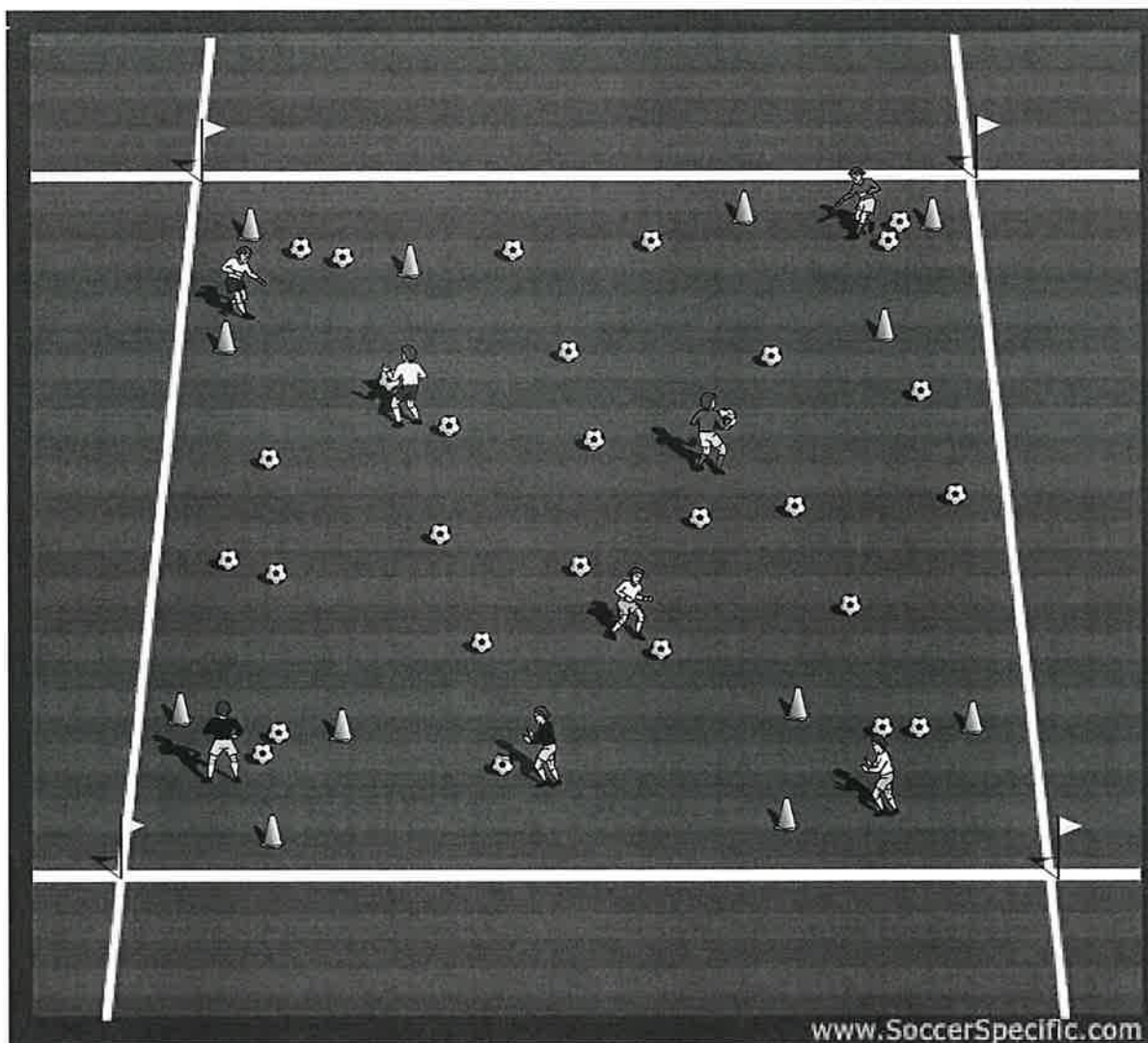
Coaching Points

Keep ball close

Inbetween touches of the ball, look up to see where the sharks are.

When getting by the shark, look to change speed and direction.

Hungry Hippo



Hungry Hippo

Purpose- To Improve individual **dribbling skills**.

Organization- Set up a 25x25 grid, pair players up and set up a hippo nest on each corner. One player on the team protects the balls in the nest, while the other team mate gets a soccer ball from the grid and brings it back to the nest. The partners tag and then change roles. This continues until all the balls in the grid have gone. The Winning team, is the team with the most soccer balls in their nest.

Progression- When all the soccer balls have been taken back to the hippos nest, one player at a time in the team can go and steal a ball from another nest. When the coach calls stop, the winning team, is again the team with the most soccer balls.

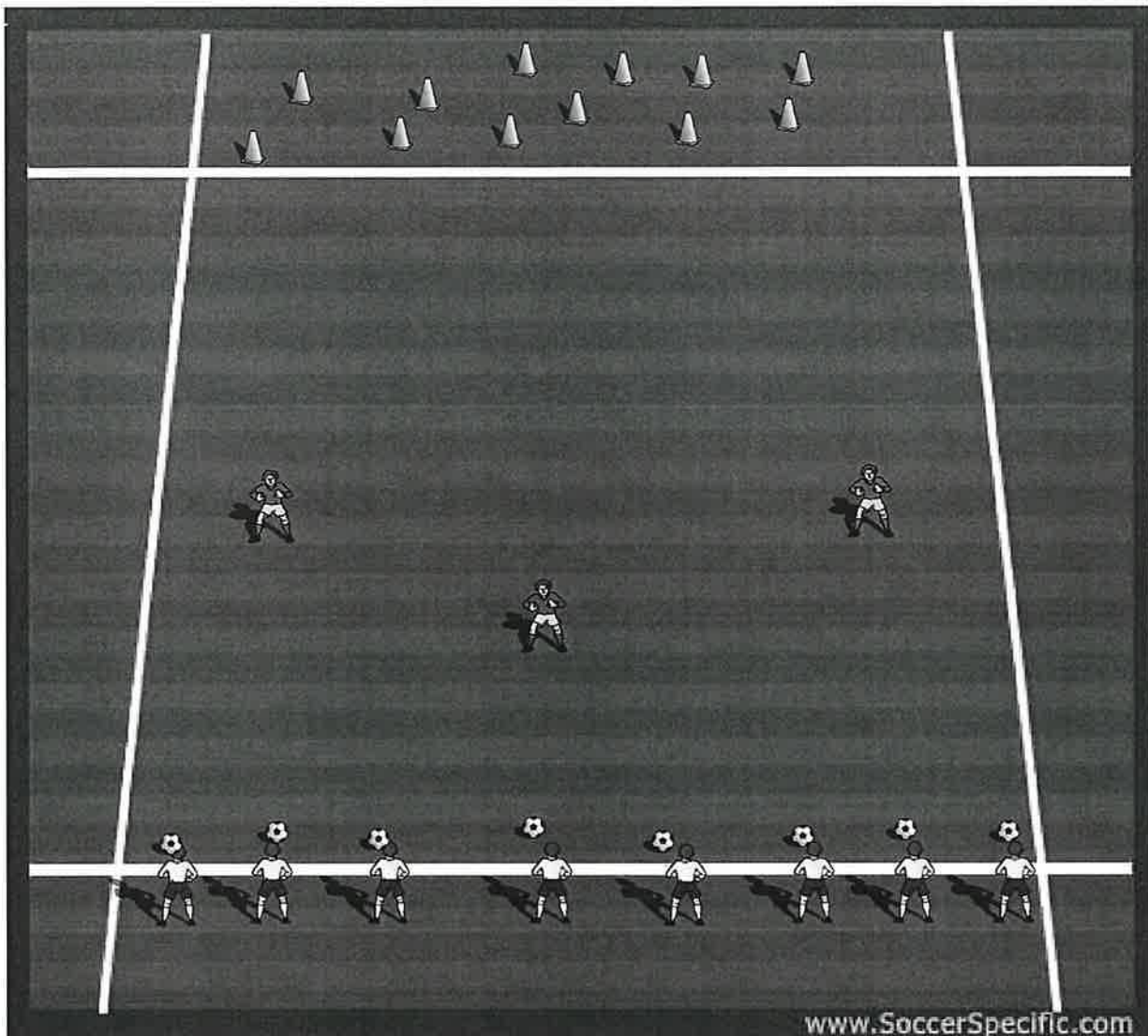
Coaching points

Keep ball close

Use all surfaces of the foot to dribble with

Keep head up looking for opposing players, open soccer balls and nests you need to steal soccer balls from.

Jake and the Pirates - Treasure Trail Two



Jake and the Pirates Treasure Trail Two

Purpose- To improve the technique of **dribbling**

Organization- Set up a 20x20 grid with Jake and his gang lined up across the line, with Captain Hook opposite in the middle of the grid as shown above. The players with the ball attempt to dribble past the pirates, once they have dribbled past the pirate, the players must attempt to pass the ball and knock down a cone. Once they knock down a cone, they pick it up and bring it back with them.

Progression- Players must use weaker foot only

Coaching Points

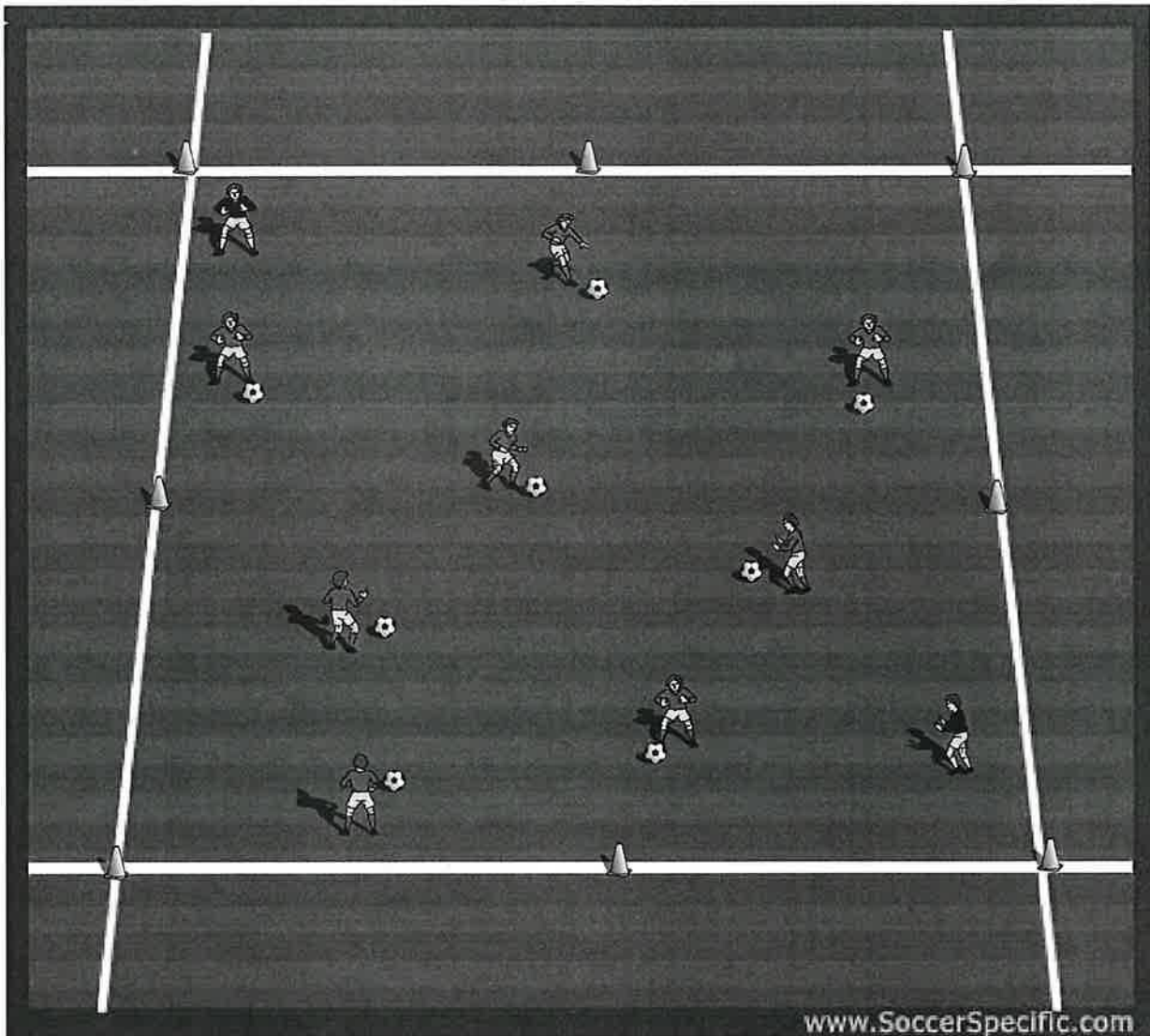
Keep ball close and under control

Use all surfaces of the foot to dribble with

Keep head up to see where the pirates and space are

Accelerate away when you beat the pirates

Knockout Tag



Knockout Tag

Purpose- Individual skills to improve **dribbling skills**

Organization- Eight players are placed in a 20x20 grid with a soccer ball and a penny tucked in the back of their shorts. Two neutral players are also placed in the grid and when the coach gives the command, the neutral players attempt to pull the pennies from the players dribbling their soccer balls in the grid. Winning player is the last player standing.

Progression- Ask players to dribble with weaker foot only.

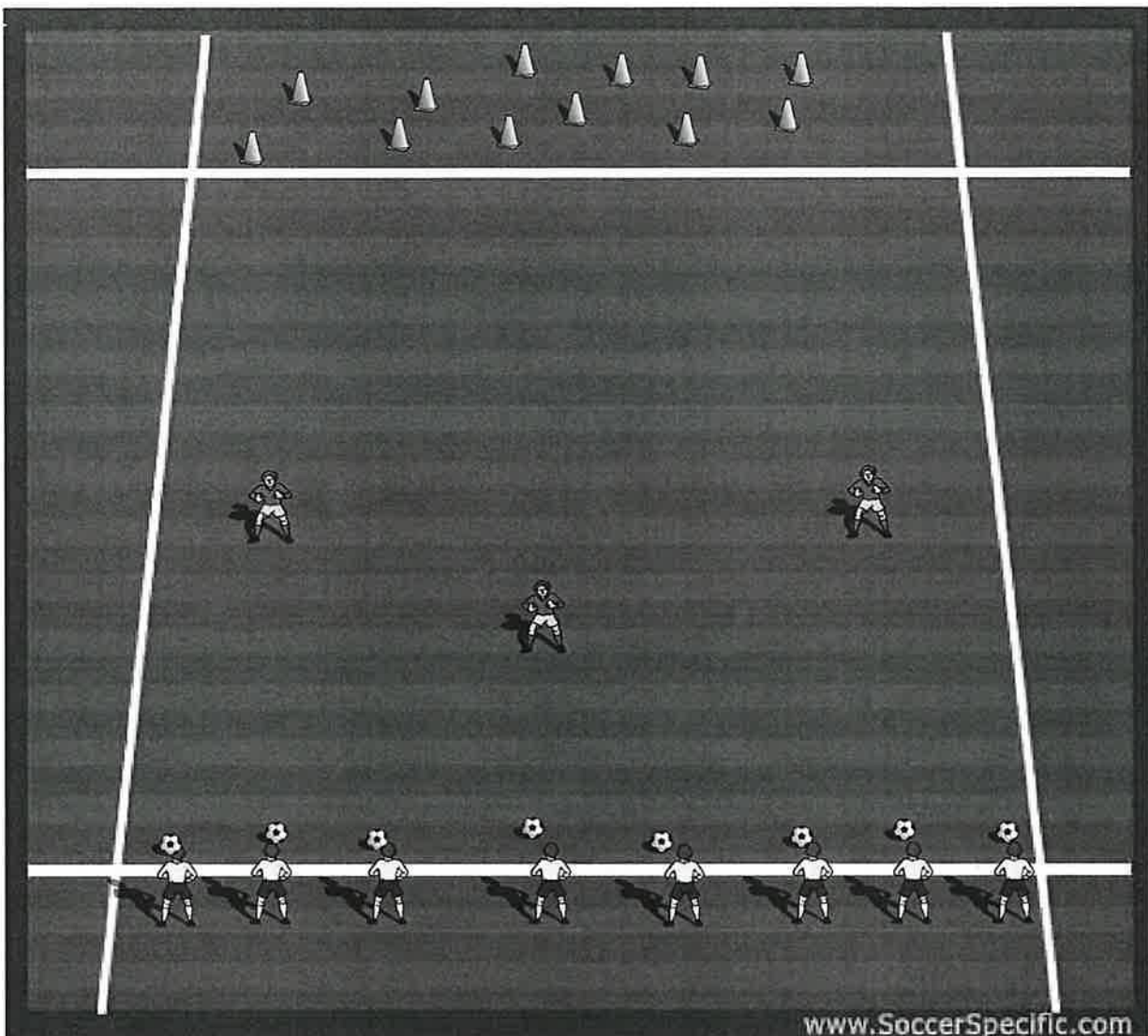
Coaching Points

Keep ball close

Use all parts of the surface when dribbling the ball

Keep head up and look for opposition and space

Jake and the Pirates - Treasure Trail Two



Jake and the Pirates Treasure Trail Two

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Progression- Players must use weaker foot only

Coaching Points

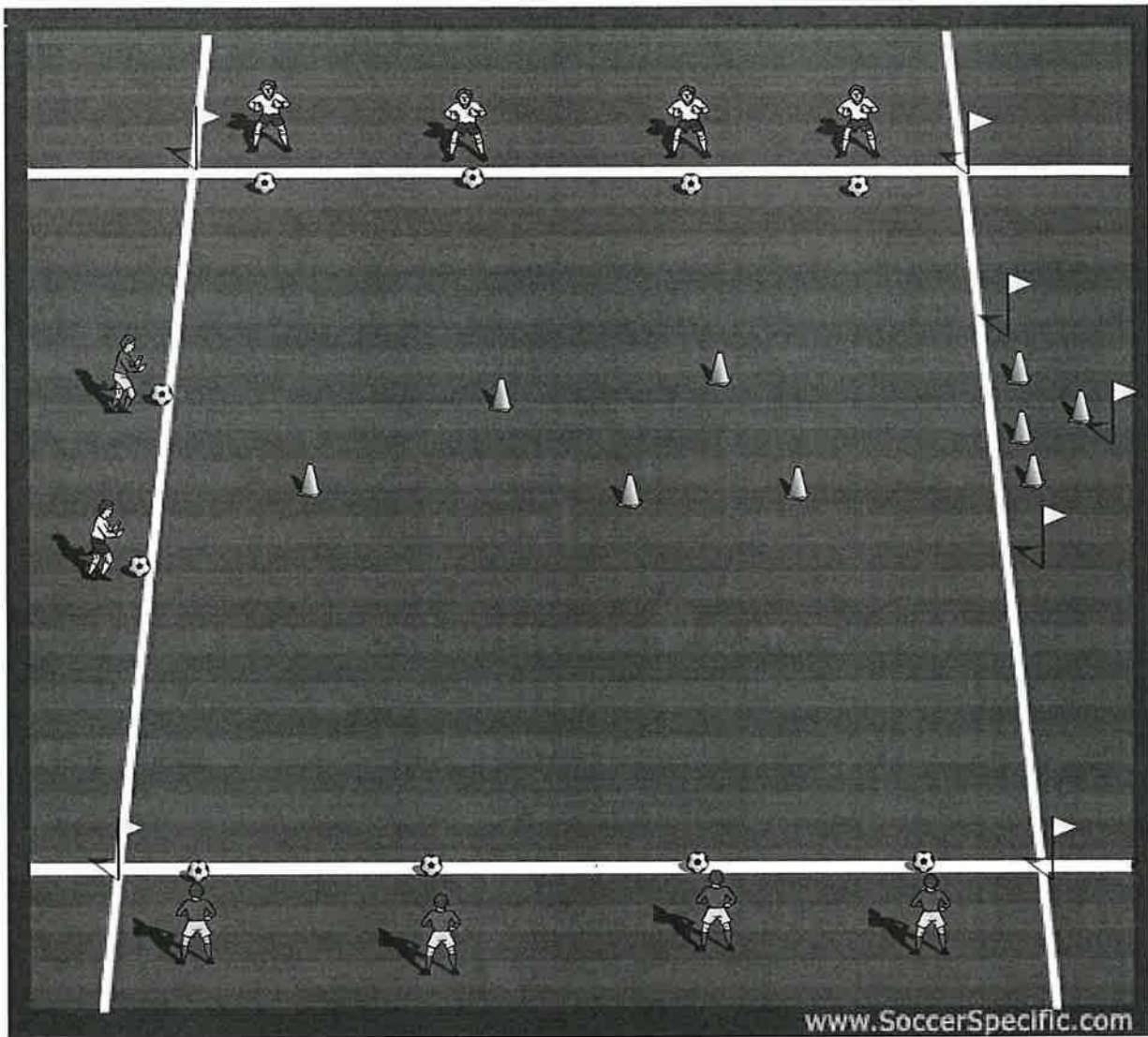
Keep ball close and under control

Use all surfaces of the foot to dribble with

Keep head up to see where the pirates and space are

Accelerate away when you beat the pirates

Paint Ball



Paint Ball

Purpose- To improve both **dribbling** and **passing** techniques

Organization- Set up a 20x20 grid and group players into two teams, a red team and a yellow team, facing each other. Two other players should be on the mid line, where they need to race through the cones and bring the cones back. First player to bring back two cones wins. The players on either end must try and and hit the players on the opposite team and slow them down.

Progression- Players must dribble with weaker foot only

Coaching Points

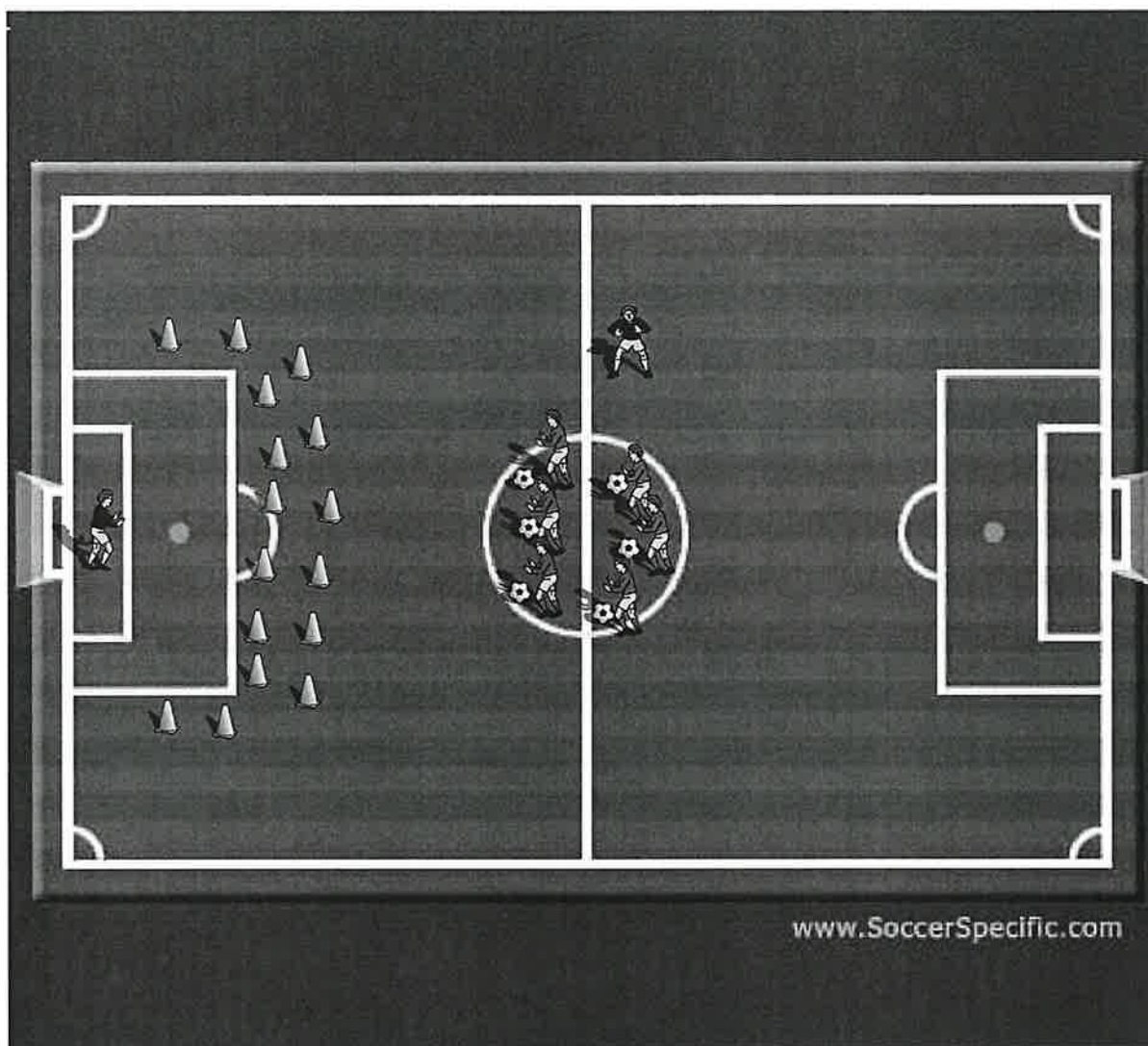
Keep ball close

Use all surfaces of the foot to dribble with

Communicate both verbally and visually

Use the inside of foot to pass for accuracy

Sleeping Dragon



Sleeping Dragon

Purpose- To improve both dribbling and turning skills.

Organization- All players enter centre circle which is known as the circle of safety where they cannot be tagged.

One coach is positioned outside the centre circle & the other coach lies in the six yard box as the sleeping dragon.

Players leave the circle, get a piece of treasure and bring it back to the circle. As soon as the players reach the treasure, the dragon wakes up and tries to tag the players before they can get the treasure back to the circle of safety.

If a player is tagged, they must go back to the circle of safety do five toe taps and go again. The coach sets a time limit that all the treasure needs to be back in. The coach can then appoint one of the players as the next dragon and play the game again.

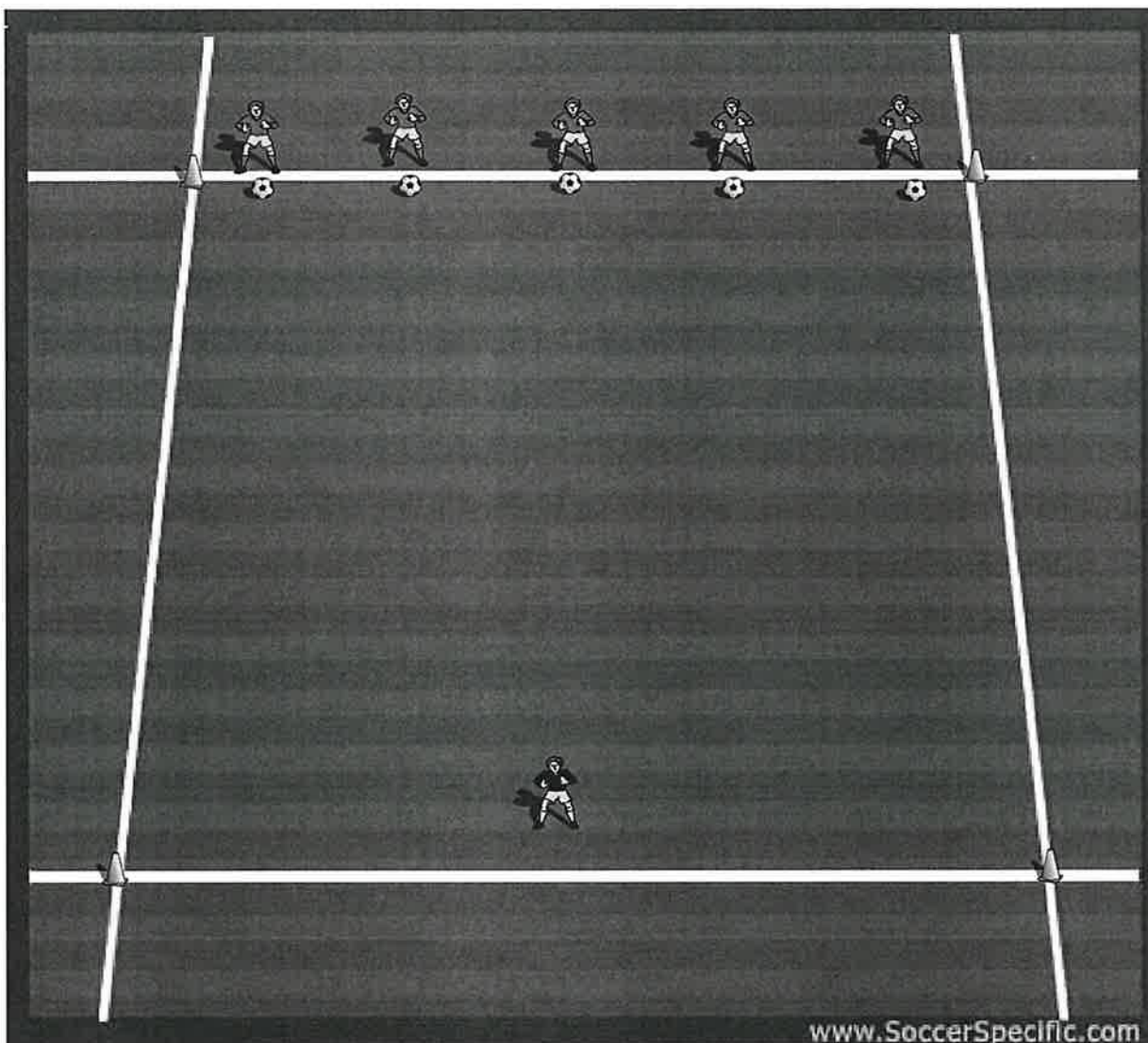
Coaching Points

Keep the ball close.

Encourage use of both feet and use of all parts of foot.

Keep nose in front of the ball so you can see where the dragon and the treasure is.

Mr. Freeze



Mr Freeze

Purpose- To improve ball skills.

Organization- Players attempt to dribble from one side of the grid to the other. When coach turns around and looks at his/her players they must have their ball still and remain frozen. If players move when the coach looks at them, they must go back to the beginning and start again.

Progression- Players can only dribble with their weaker foot only

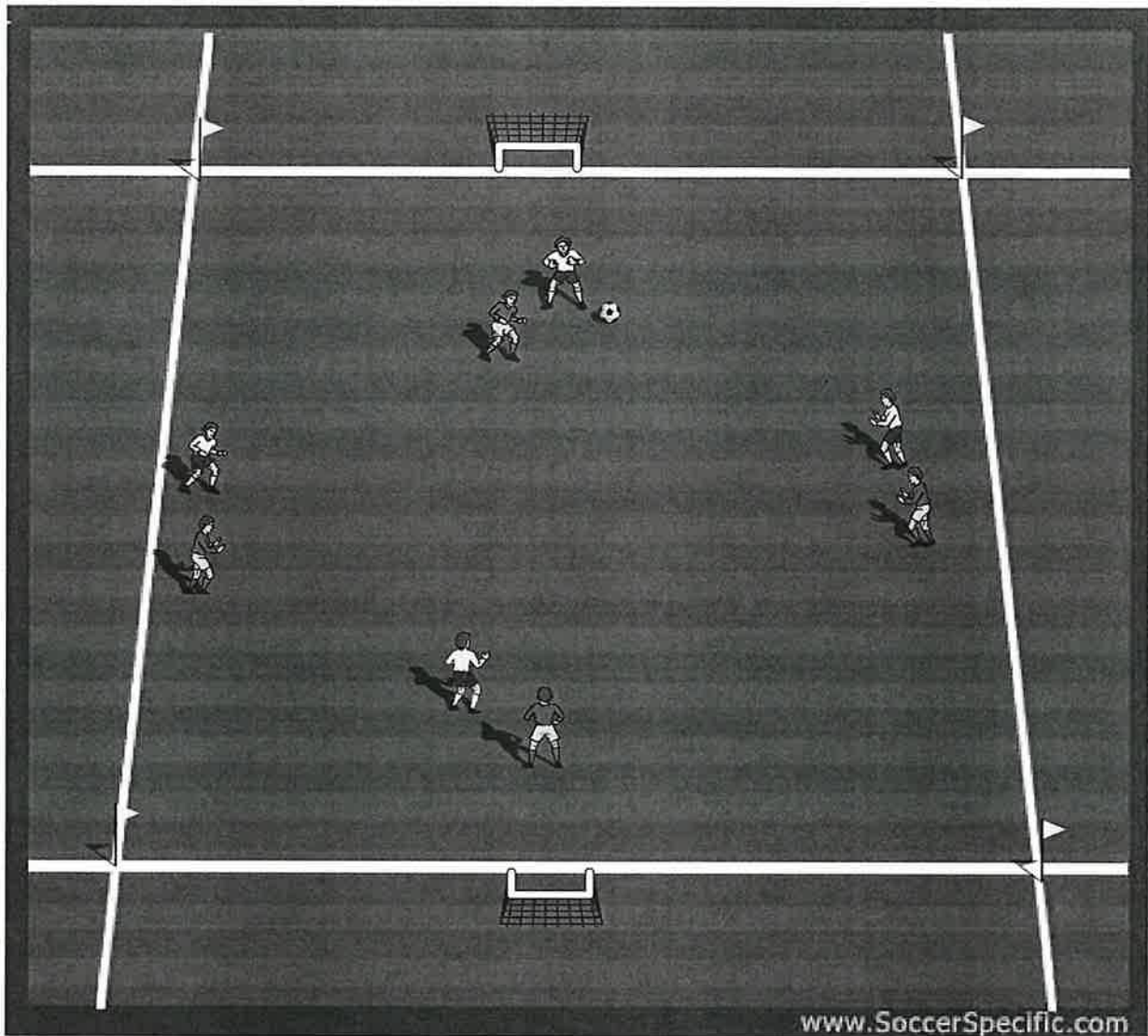
Coaching Points

Players need to keep their head up, to see what the coach is doing.

Keep the ball close

Use all surfaces of the foot to dribble the ball with.

4v4 Scrimmage



4v4 Scrimmage Focus on topic that has been worked on in training.

Purpose- To improve skill and first touch in small playing area.

Progression- Add goalkeepers.