



Dribbling (1)

Dribbling is the creative and individual aspect of the game of soccer. Every player can/will have a unique style. At the same time there are standard techniques that should be mastered using the inside, outside, shoelaces and bottom of both feet. Promote protecting the ball and keeping it as far as possible from opponents. Encourage players to follow the ball with the body. A lower center of gravity is a big advantage as is quick feet and any deception that can be created by head or body fakes.

Introduction

The ball is the most important thing on the field. We must learn to control the ball and when we get it we want to keep it as much as we can. We will practice moving the ball around with the bottom, inside and outside of our feet and use our body as a shield to keep opponents as far from OUR ball as possible.

Warm-up

Today's warm-up will take place in a 10yd. X 25yd. rectangle. Divide group into two halves, one group dribbles for 2 minutes then rotate. Each player has a ball and will dribble inside the area until a command is given by the coach. Commands are explained prior to the start. Commands can be **1. Stop** (ball with bottom of foot). **2. Knee** (on ball). **3. Sit** (on ball). **4. Head** (on ball). More advanced commands can be added for older players. **1. Toe touches. 2. Inside of foot taps. 3. Change directions. 4. Circle taps. 5. Drag ball in circle.** (10-15 minutes) 'Knockout', all players enter area. Dribble on GO. When coach yells knockout players protect own balls and try to kick out others. Knockout for 30 seconds then back to dribble for 30, then back to knockout. Last person with ball in possession is winner. (10-15 minutes)

Skill

Today's skill is the 'zig-zag' dribble. Players will spread out along both long sides of the training grid. Using the inside and outside of both feet players will move across the grid making forward angles with the touches on the ball. Make sure that players are moving ball sideways and not directly forward which will be into an opponent during a game. Try to get players to move ball 3-7 feet sideways to keep ball away from opponent. Also look for forward angle so that the ball is moved beyond the opposing player

Game

'Sideline' soccer is played by placing a goal (2-3yds. wide) at each end of the 10yd. X 25yd. field of play. A team bench is made near the end of each sideline and the players SIT in numbered order in this bench area. The coach has all the balls in one corner of the field and rolls a ball to one team and calls a number (usually start at 1 and go up) The player with the ball attacks the opponents goal and tries to dribble opponent and score. If ball goes out of bounds quickly another ball may be given. Keep score and play to a set amount or time limit.

Wrap-up

Emphasize how important possession is. Promote use of the body to protect ball. Plant the idea of faking with shoulders and head in one direction and moving ball in other. Practice all moves with both feet and set up an obstacle course at home for individual practice.