

## Dribbling (2)

Dribbling (1) focuses on keeping the ball close and “zig-zag” using inside, outside and bottom parts of our feet to evade opponents. Dribbling (2) will focus on open field and speed dribble. Important to emphasize the “touch” or “weight” applied to the dribble so the ball is pushed far enough to allow for a full running stride at the same time the ball must be kept away from defenders and goalies.

### Introduction

Dribbling (2) is the speed dribble. We need to recognize open space and take it when it exists. At the same time as we approach the goal as good last touch will allow us to look up at the goal and shoot or dribble the ball around a defender or goalkeeper.

### Warm-up

Today's warm-up will take place around the 20 x 30 yd rectangle field. Divide your numbers equally, create 2 lines side by side and begin a controlled jog around the field. After 1-2 laps, depending on age, players should follow the coaches commands for 20-30 yards along each side line and revert to a jog on the shorter ends of the field.

Commands:

- face each other and shuffle
- turn away and shuffle
- knees up
- heels back
- torso twist and skip
- touch hands to ground (alternate/both)
- jump & head (GK's catch)
- back pedal
- front (2) to back
- back (2) to front
- switch sides

### Skill

Today's skill will help players understand the distance they can push the ball away from themselves and still retain possession. Set up a five yd square of cones 10 yds in front of each goal. Each player begins with a ball placed next to plant foot in the sprinters position. On command they dribble at full speed at least 3 touches and try to win a race to stop the ball inside the 5 yd square.

### Game

“Goal-Line” Soccer

Put goalkeepers in the goals at each end. Line up two teams at respective ends. Each player dribbles with speed toward opposing goal. Then opposing team goes. Keep score.

- Players MUST dribble around the goalie before shooting into the net.
- Players must pass the ball by the goalkeeper aiming for one side of the goal or the other.

### Wrap-up

Remind players that dribbling at faster speeds takes practice. The object is to cover as much ground as quickly as possible at the same time they must get their heads up to see what is in front of them. Eventually the goalie or a defender will attempt to take the ball so the ball must stay close enough to maintain possession or to take a shot.