

Dribbling Practice Session (90 minutes)

Warm up – FIFA 11 (10 minutes)

Warm up with a ball (10 minutes)

Make a rectangle 20x30 yards with cones. Each player with their own ball in the grid. Players use both feet, inside/outside of foot. Toe taps, tap and push. Have players work on change of pace and change of direction. Work on different moves and turns.

Introduce theme of practice: Dribbling

Coaching points: Keeping the ball close, head up, be light on your feet (balls of your feet)

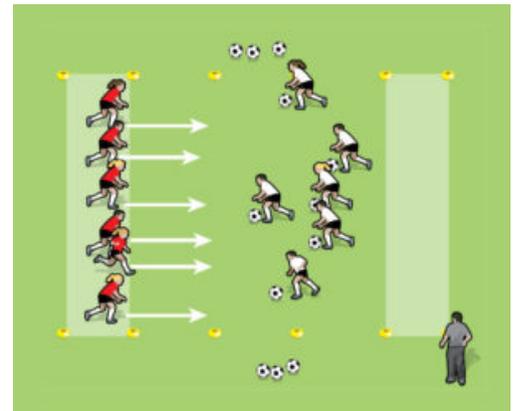
Game: Zombie Attack (10 minutes)

Area: 40x30 yards with 5 yard end zones

Players: 12, 2 teams of 6

Equipment: 11 balls

How to play: Split the players into two teams. One team starts in the middle and one team goes to an end zone. The team in the middle are the zombies and in order to bite a player they have to keep their ball close and within touching distance when they tag a runner with their hand. The players without a ball have to go from end zone to end zone without being bitten by the zombies. Once a runner is bitten they turn into a zombie and get a ball from the sideline.



Activity: Dribbling Through Gates (10 minutes)

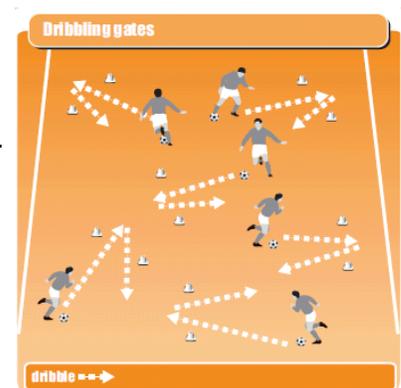
Area: 40x30 yards

Equipment: Set up gates using cones for players to dribble through.

How to play: Each player has a ball. The players must dribble through as many gates as possible in a set time period.

They aren't allowed to repeatedly go in and out of the same gate.

To progress: Now the players must dribble through the gate and then make a turn back through the same gate.



Game: 4 on 4 to Gates (20 minutes)

How to play: Play 4v4 with gates (5 pairs of cones)

Use same grid as previous activity. Teams score a point when one of their players dribbles through a gate.

Coaching points: Keep heads up, stay light on feet, keep ball close

Game: Small-sided soccer game (25 minutes). Cool down.

