

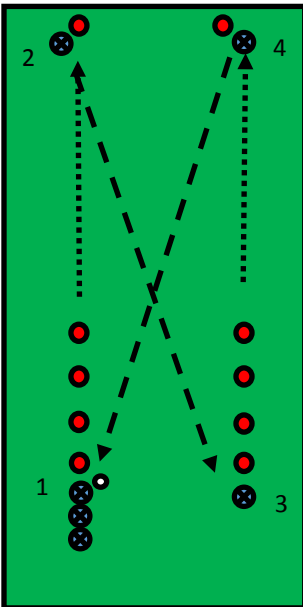
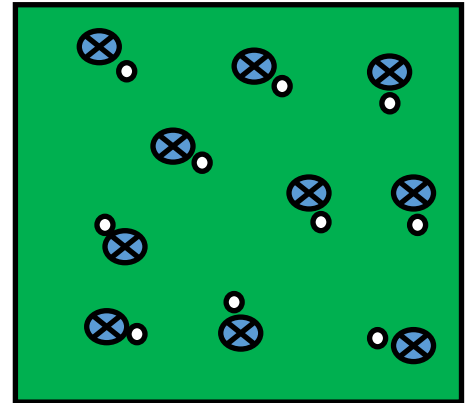
Week 1– Dribbling Movement

Coaching Points

- Keep ball as close as possible
- Arms close to the body
- Watch the ball. Look up often to see the field
- Encourage the players to play in control and not rush things

Warm Up—Ball at Feet

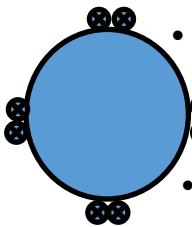
- 15 x 15 yard area
- Each player with a ball at their feet
- Have players move around the area and perform the following actions:
- Free Dribble - all players moving around the area with ball at feet. 1 minute
- Toe Taps - on command players perform 10 toe taps then dribble. Repeat 3 times
- Side to Side - players play ball from left to right with inside of foot for 30 seconds then dribble. Repeat 3 times
- Side to Side moving forward for 10 seconds then dribble. Repeat 3 times
- Side to Side moving backward for 10 seconds then dribble. Repeat 3 times
- Dribble using only: right foot, left foot, inside of both feet, outside of both feet. 1 minute for each



Technical—Dribbling Medley

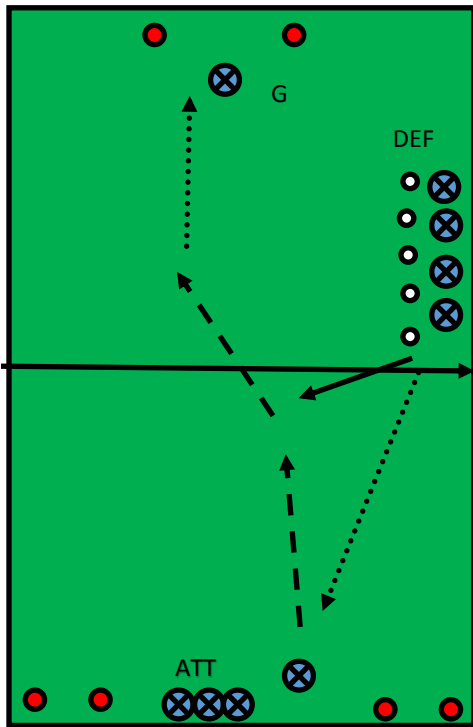
- In an area that is 15 yards wide by 20 yards long
- Have one player stand by each cone in the corners with rest of players starting at station 1
- Player at station 1 dribbles out thru cones and passes to player at cone 2. Once player has passed the ball they follow their pass. As soon as ball has been passed the next person on station 1 starts to dribble thru the cones.
- Player at station 2 then runs (fast dribble) with the ball across diagonally to station 3.
- Player at station 3 then dribbles thru cones and passes to player at station 4.
- Player at station 4 then runs (fast dribble) with the ball across diagonally to station 1.
- Start players with free dribble then progress thru using the following instructions: left foot only, right foot only, inside of both feet, outside of both feet
- Encourage the players to play in control

Coordination—“Yee-Haw”



- Players in pairs equally spaced out around a 20 yard circle
- Players start piggybacked and on coaches command player on the back jumps off and runs around the circle as fast as they can. Once player has returned to partner they must jump on back and yell “YEE HAW!”
- The first to yell wins a point. Swap roles for each turn and pair with most points wins.
- Switch directions from clockwise and counter clockwise.
- **Progression:** after a couple turns players must dribble a ball instead of running around the circle.

Small Sided Game—Dribbling One-on-One



- Set up field in a 20 * 30 area as shown with a goal at one end and 2 small nets at the opposite end
- Split team in 2 lines (DEF and ATT) with 1 Goalie in the goal
- All balls start with the line of Defenders
- 1st defender in the line passes the ball to the 1st attacker in the line then runs on the field to challenge the attacker
- The attacker tries to dribble past the defender and shoot on the net to score
- If the defender wins the ball they can dribble through one of the 2 small nets on the attackers end of the field
- Once the attacker has had their turn they switch to defender line and the defender switches to the attacker line
- Encourage good tight control from the players

Scrimmage

Split the team into 2 equal teams and scrimmage. Be sure to emphasize instances where the players are exhibiting good control of the ball.