

Dribbling Games



DATE 07/06/2022	VENUE	DURATION	NO OF PLAYERS	ABILITY / LEVEL
EQUIPMENT		PURPOSE		

OUCH

Description

This drill is a good one for the younger age groups. Once they can kick hard, it is not as fun for the coach.

The objective of the game is for the players to hit the coach with the ball. If the coach is hit, they will shout "OUCH!"

The players can be anywhere in the grid with each player having a ball. The coach will start in the middle of the grid and will tell the players to go.

The coach will then move around the field and the players will attempt to control the ball and hit the coach.

Depending on the skill level/age group, the coach will do the following

U5 or U7 Age

Groups: move slowly around the grid to allow the players more success when trying to hit the coach. The coach can also move their legs/feet into the path of the ball to increase the success for the players.

U7 or U9 Age groups: move more quickly around the grid. Do not move legs/feet into the path of the ball.

U9 or U11 Age Groups: speed would be about the same as the previous group, but the coach can move faster to increase complexity. The coach will also actively avoid being hit. This can be done by moving legs/feet out of the path of the ball.

Coaching Points**SET UP:**

A grid can be created if desired to have players control the ball, but not required. The coach can control it with their

- movements

If there are more than 8 players on a team, add another coach/parent or create and

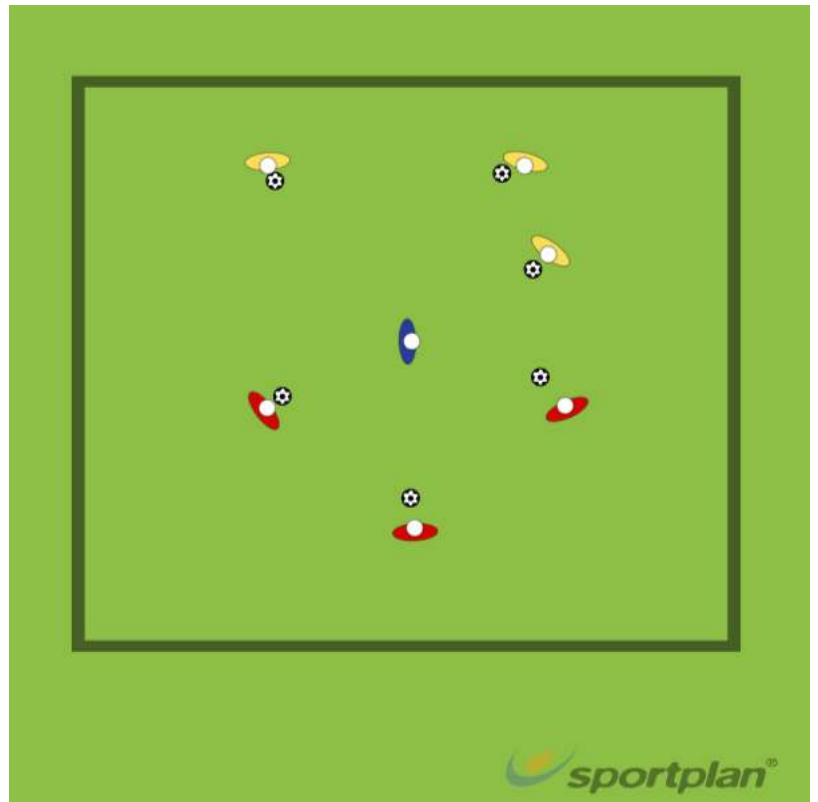
- additional grid with a coach/parent.
- Each player on the team gets a ball

EXPECTED OUTCOME:

Players are expected to keep control of the ball and control the shots at the coach. If the kick too hard and miss the coach, they will have to run further to retrieve the ball.

PROGRESSION:

As stated above, increase speed and/or actively avoid being hit.



DRIBBLE AND FINISH

Description

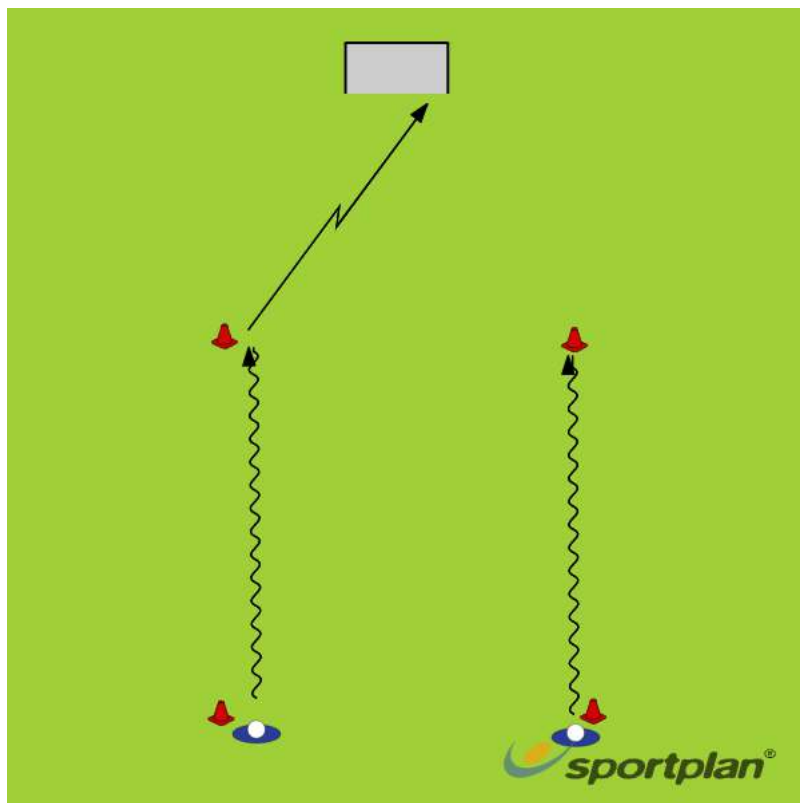
Cone out a 10m area to the left and right of the goal.

The players must line up both side and take turns to dribble the ball as FAST as they can until they get past the cone nearest the goal.

The player must then aim for the opposite bottom corner using the appropriate foot for each side.

Coaching Points

Dribbling



DRIBBLING COORDINATION RACE

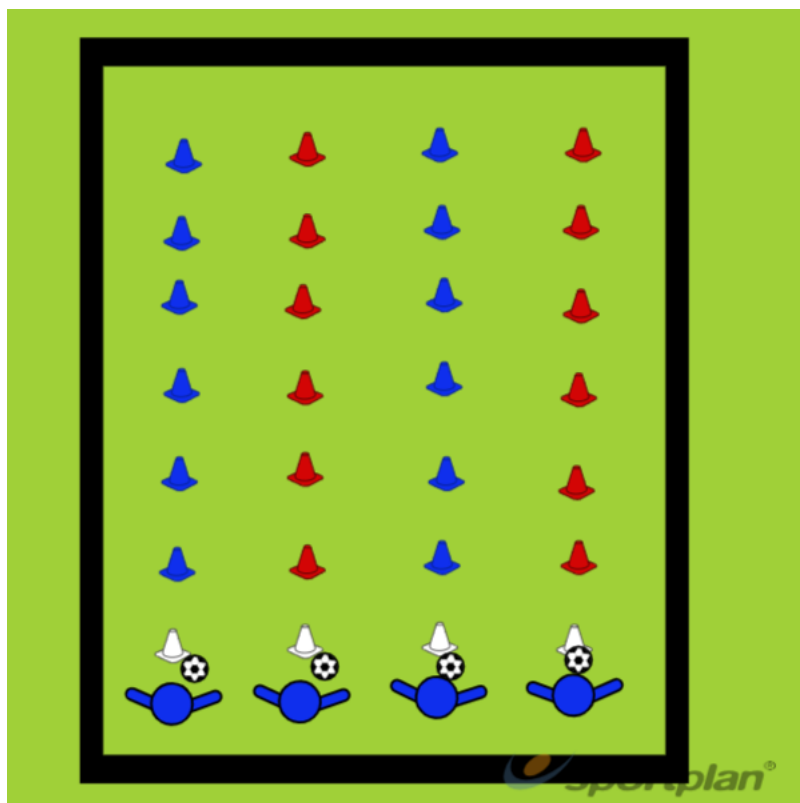
Description

Players race to the end of the cones and back.

Different variations of the race.

- With and with out ball.
- Different dribbles

Small Punishment for losers of race
(Jumping Jacks)

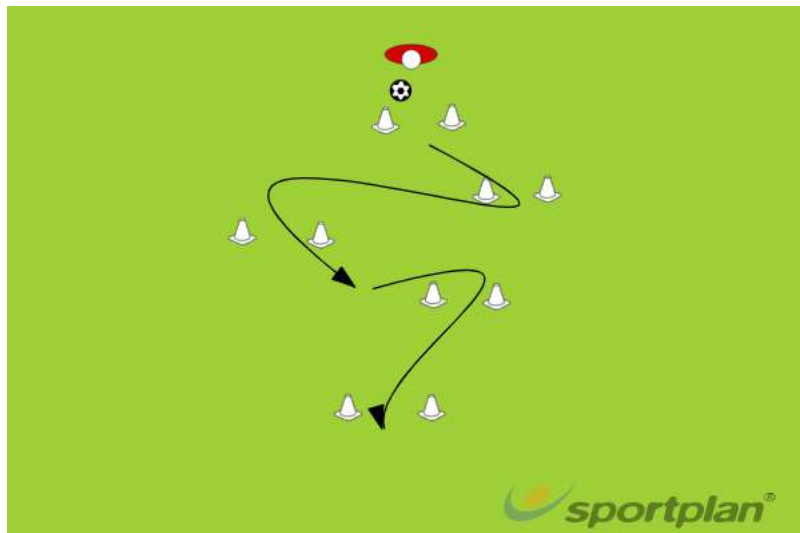


Description

- shuffle your body across when your
- dribbling through gates
- can change gates to closer or wider
- make it game like as your dribbling through players

Coaching Points

1. high intensity
2. scan over shoulder
3. lots of small touches



DRIBBLE TAG

Description

Play area is marked out with cones in a square - suitable for age of players. Larger areas can be used for fitness work.

One player is wearing a contrasting bib. They are the chaser.

The other players must keep the ball away from the chaser without leaving the play area.

If the chaser tackles a player, dispossessing them of the ball they are "tagged" and the player must stand still with their legs wide apart.

If another player "nutmegs" the tagged player, they are no longer tagged and can collect their ball and continue playing.

Rotate the chaser every 60 seconds or so. If every player becomes "tagged" the chaser wins and is given a big cheer and round of applause.

Encourage the following:

- Close control
- Assessing space to stay in lower risk areas
- Keeping their team mates in play.

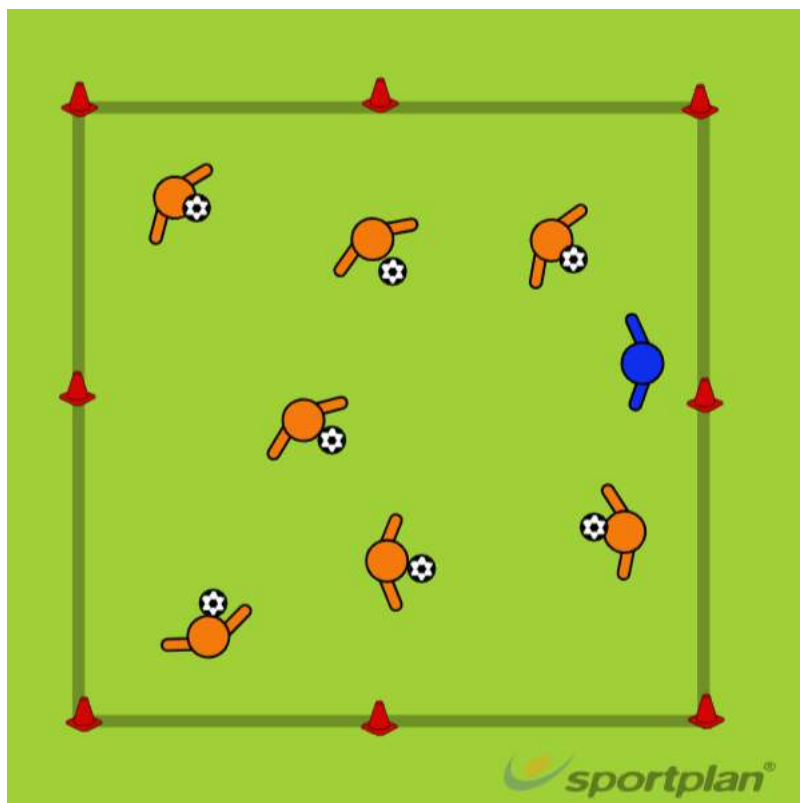
Can be adapted to be in pairs as a passing/rondo practice

Coaching Points

Encourage the following:

- Close control
- Assessing space to stay in lower risk areas
- Keeping their team mates in play.

Can be adapted to be in pairs as a passing/rondo practice



TOE TAPS IN BOX

Description

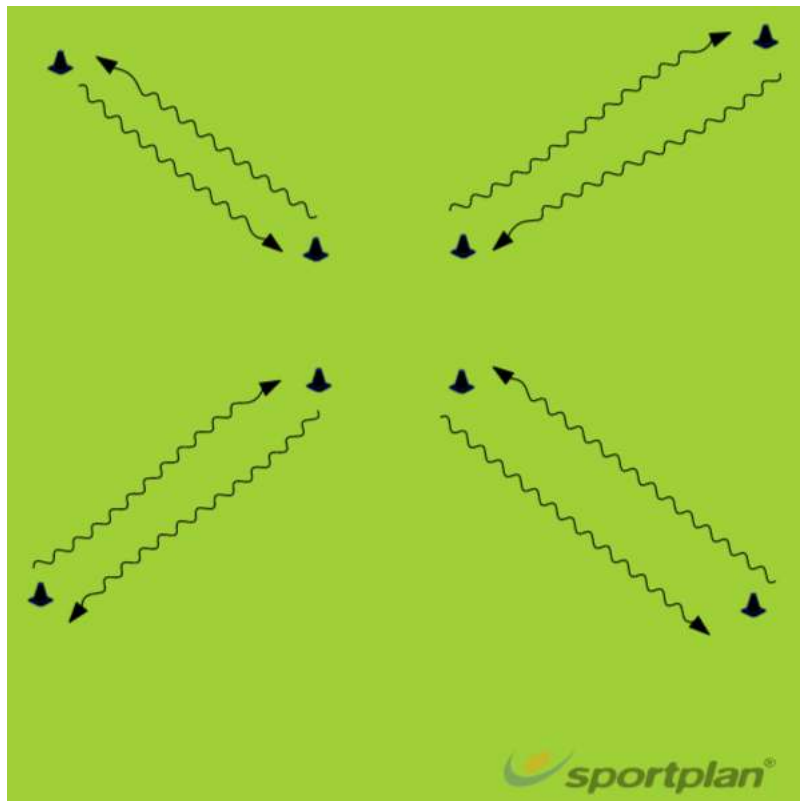
15 yards/15 yards

1. Dribble to box, 10 toe taps, dribble back
2. Next player repeats
3. Variations (Foundations, Sole rolls, Forward/Backward toe taps)

Coaching Points

Ball control

Touch every step



WARRIOR GAME

Description

Coach has pile of balls.

Players line up on side of field.

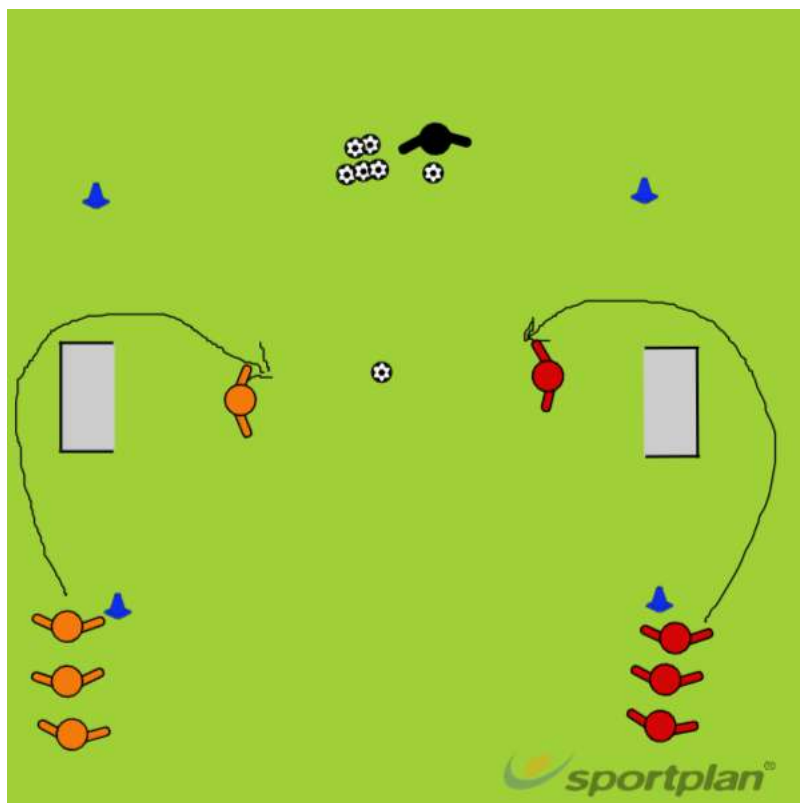
When coach yells go players run around the goal and try to score against opponent.

- Variations

- Change number of players coming out, call for 2 players, 3, etc.
- Allow players to score in either goal to get them to work on turning
- Add 2nd goal on each end to have more options for player to attack and to create more dribbling choices

Coaching Points

- Work with players on how to effectively use 1 v 1 moves
- Recognition of when to turn away from pressure or when to try to beat defender



DRIBBLE SKILL/SPEED PROGRESSION

Description

Progression:

- L/R in/out
- L/R in 2x/out 2x
- Outside only *touch/step
- Outside/Inside
- Backwards Toe Touch
- Roll/Step
- Push/L

Turn

- Backwards Drag/L Turn

Coaching Points

- Control
- Touch
- Speed



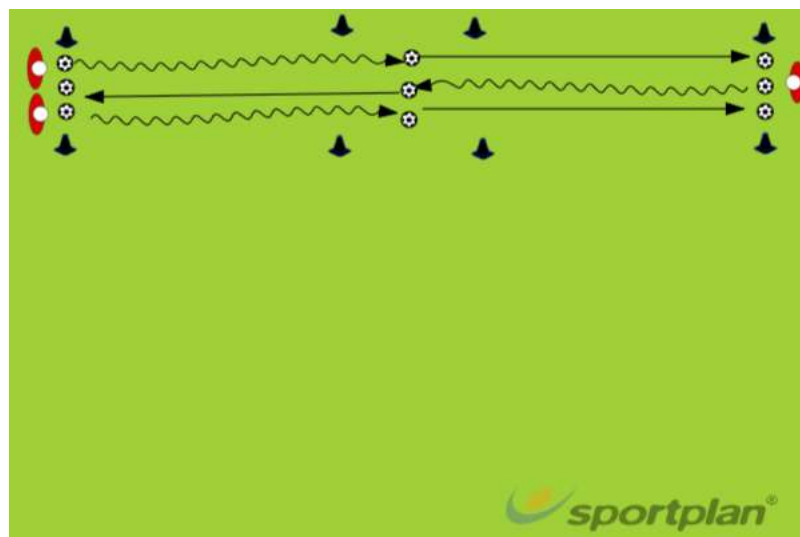
FILL THE BUCKET

Description

- Distance will vary dependent on age
- Divide players into teams of 3
- Each team will need 6 balls, three balls are placed at each end
- The goal of the game is to get all 6 balls into the bucket (defined by the four cones)
- Players dribble the ball into the bucket and use the bottom of their foot to stop the ball and then run to the other side
- Once they tag the player on the other side, then that player will repeat the process
- The first team to get all 6 balls into the bucket wins

Coaching Points

- After the race, you can leave the balls in the bucket and proceed to "Empty the Bucket"



DRIBBLING WARMUP

Description

Create a square and place four players inside it, with an odd number of balls.

Each player has their own corner.

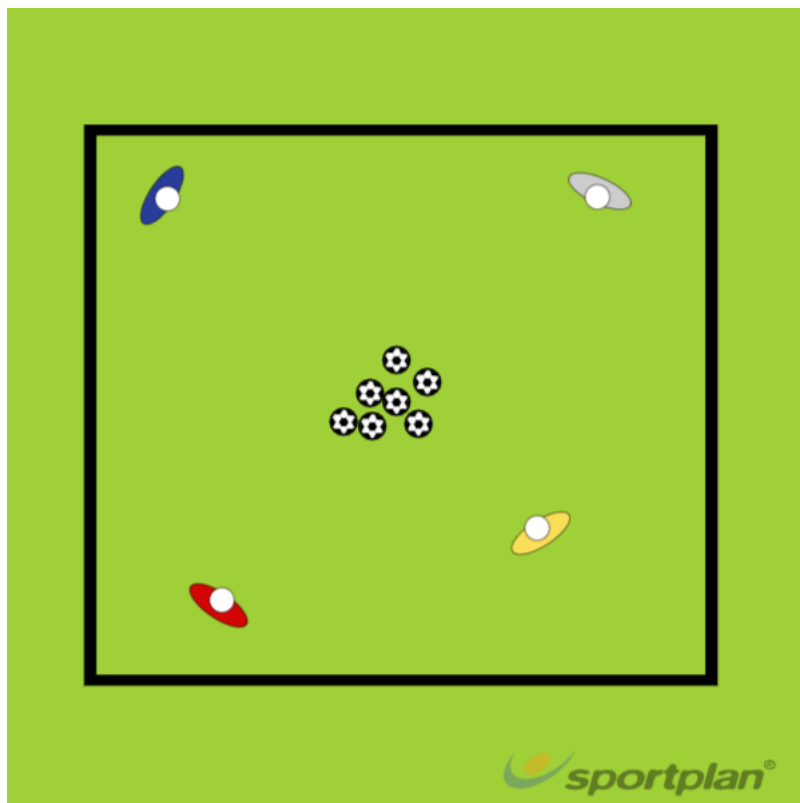
The objective is, for 2 mins, the players must dribble as many balls to their own corners as possible.

They can steal balls from their opponents corners.

There is no tackling.

Coaching Points

- Head up dribbling
- Under pressure



DRIBBLE RELAY GAME

Description

- Setup 2-3 courses with 5-10 sticks or cones about 2-5 yards apart
- Split the teams into even groups
- Each team will need 1 ball

- On coaches command, 1st player from each team will dribble in & out of the sticks

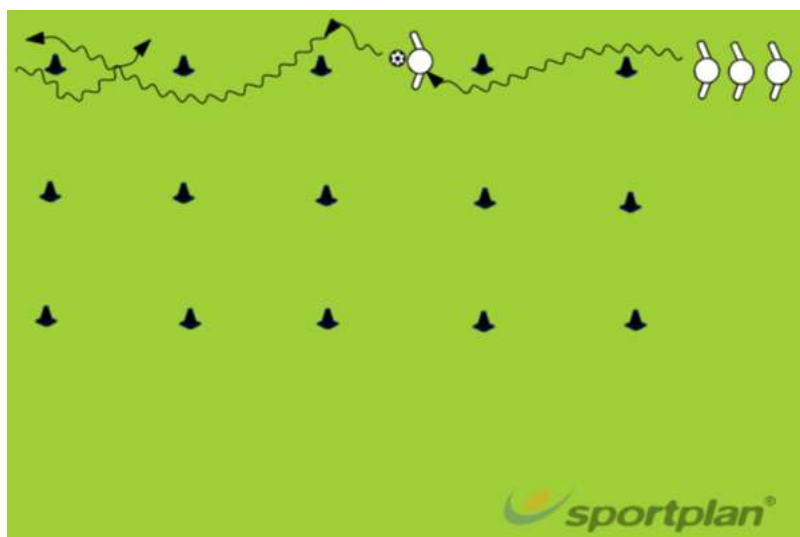
- When player reaches the end, they must return by dribbling in & out of the sticks on the way back

- When player reaches the front of the line, the next player goes.

- Go through 3 times each

Coaching Points

- Dribble with speed and control
- Keep the ball close
- Keep head up



RELAY RACE

Description

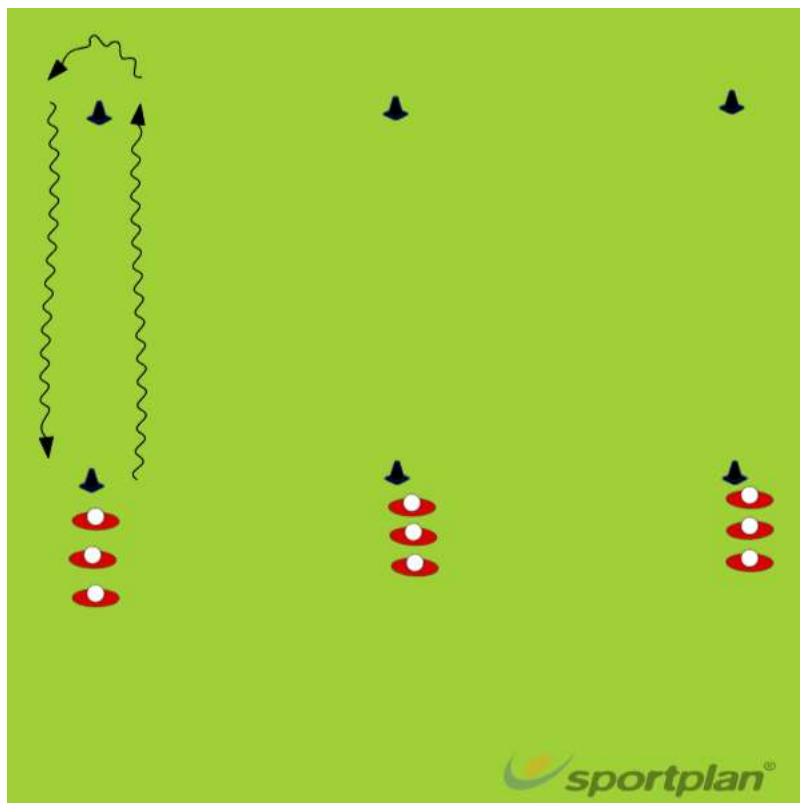
- One ball per group
- Distance dependent on age
- Player dribbles around the cone as shown
- Next player repeats
- Repeat 2-3 times
- 1st team to complete wins

Variations

- Specify how players must dribble (inside or outside of foot, left or right)
- Players dribble around the cone and return diagonally
- Adjust space depending on age and ability

Coaching Points

- Agility and balance
- Change of speed and direction
- Close Control
- Soft touches
- Communication



DRIBBLING ZONES

Description

Three zone dribbling to improve driving towards goal.

This drill has a time limit of 3 seconds, and only two touches for the final player in the last zone.

The balls must be dribbled in to the next zone by one of the players, who can work in pairs against one defender.

You cannot pass the ball in to the next zone for the other player to pick up.

The drill promotes dribbling and taking on the defender.

If the defender wins the ball, the turn is over for the two players.

Coaching Points

- Dribbling
- Head up
- Playing 1 on 1
- Finishing

