

Week 1 Dribbling to advance the ball

OBJECTIVE | Learn how to dribble and keep the ball close.

COACHING POINTS

1. Toe down, use laces to dribble
2. Head up to see opponent, space, and teammate
3. Dribble into open space

GUIDED QUESTIONS

1. Where should we keep ball when dribbling? Why?
2. How can you find open space?
3. How should you dribble into space?


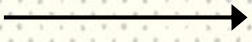
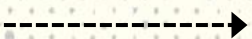
KEY WORDS

Keep it close, Drive, Take Space, Pick head up

PLAYER ACTIONS

Dribbling

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 

TECHNICAL TOOLS

Block 1: Keep the ball close;

Block 2: Different Surfaces



4 v 4

Play to discover

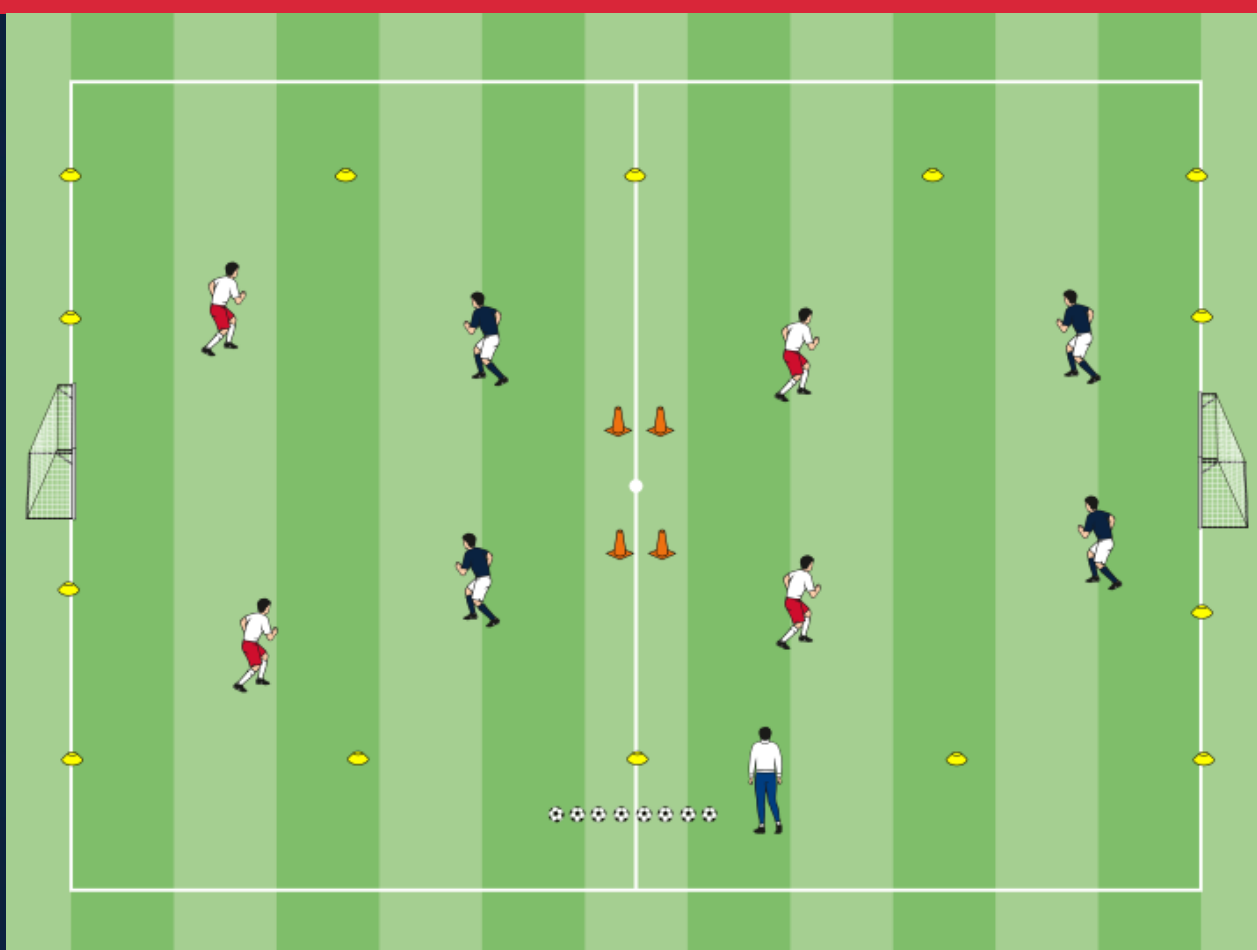
Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Dribbling
Block 1

PHASE 1 – PLAY | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 15-yard fields (x2)

DESCRIPTION

Players play 1v1 to 2v2 games on two fields as players arrive. Rotate players after 3 minutes.

SCORING

Score on mini goal for 1 point

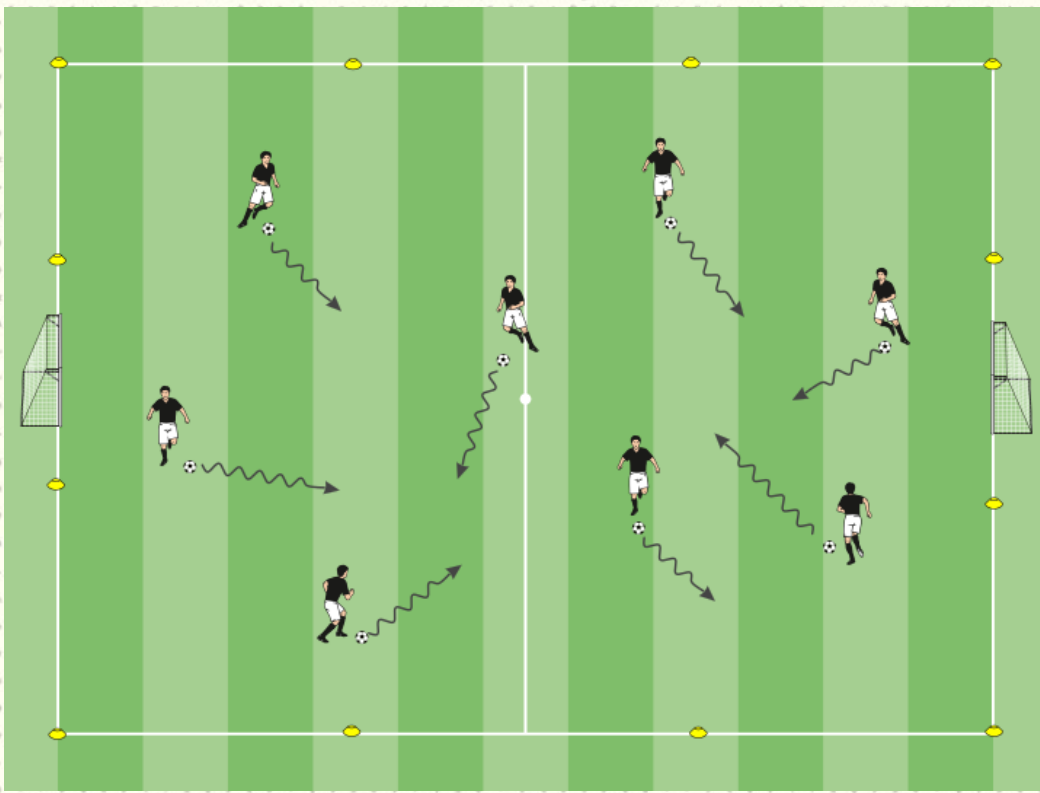
MORE CHALLENGING

Make fields smaller, Play 4v4

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PHASE 2 – TRAFFIC LIGHTS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yard grid

DESCRIPTION

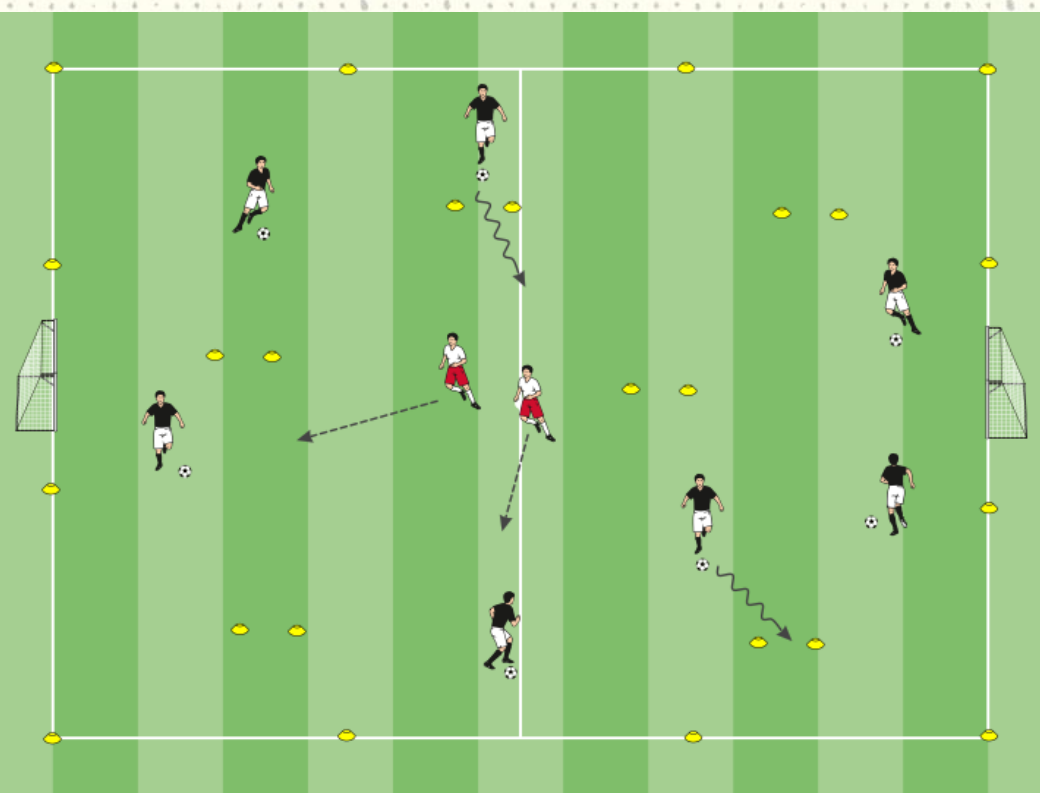
Players with a ball each in area dribbling.
 Red light = stop ball with sole of foot, Yellow light = pull back turn, Green light = dribble ball
 Highway = dribble at speed, Traffic Circle = double inside cut, Carwash = sole roles x 10
 Gas fill up = dribble ball around cone
 Crazy Driver = big toe, little toe zig zag with ball

MORE CHALLENGING

Add 1 police officer to try to steal ball

PHASE 3 – RACE-TRACK DRIVING | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yard grid with 3 yard gates

DESCRIPTION

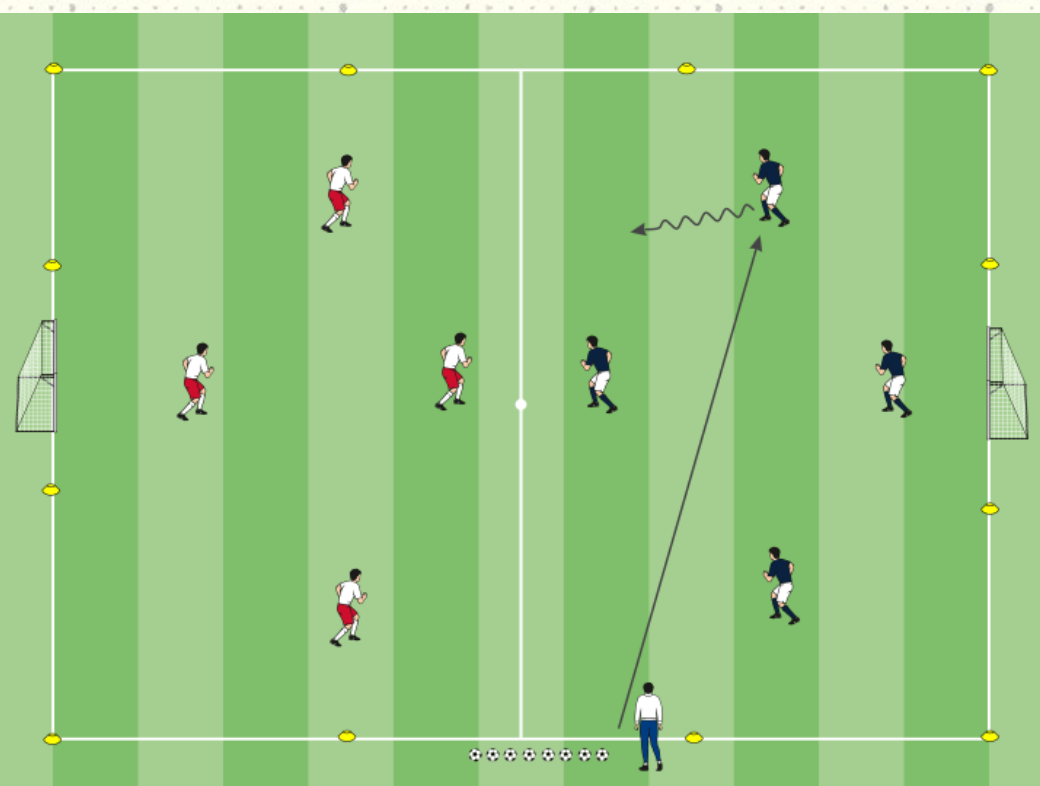
Place small gates on field. Race cars now need to drive through gates with ball under control, how many gates can you dribble through in 1 minute? beware of the police officers (defenders) keep ball close and under control. If players lose ball, 10 toe taps to get back in the game!

MORE CHALLENGING

Add more defenders

PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

20 x 30 yards

DESCRIPTION

Play 4v4 game
 Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

MORE CHALLENGING

Make field smaller