

Week 6 Dribbling to advance the ball

OBJECTIVE | Improve how to 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

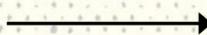
Dribble, Change speed, 1v1 moves

TECHNICAL TOOLS

Block 1: Keep the ball close

Block 2: Different Surfaces

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 



4 v 4

Play to discover

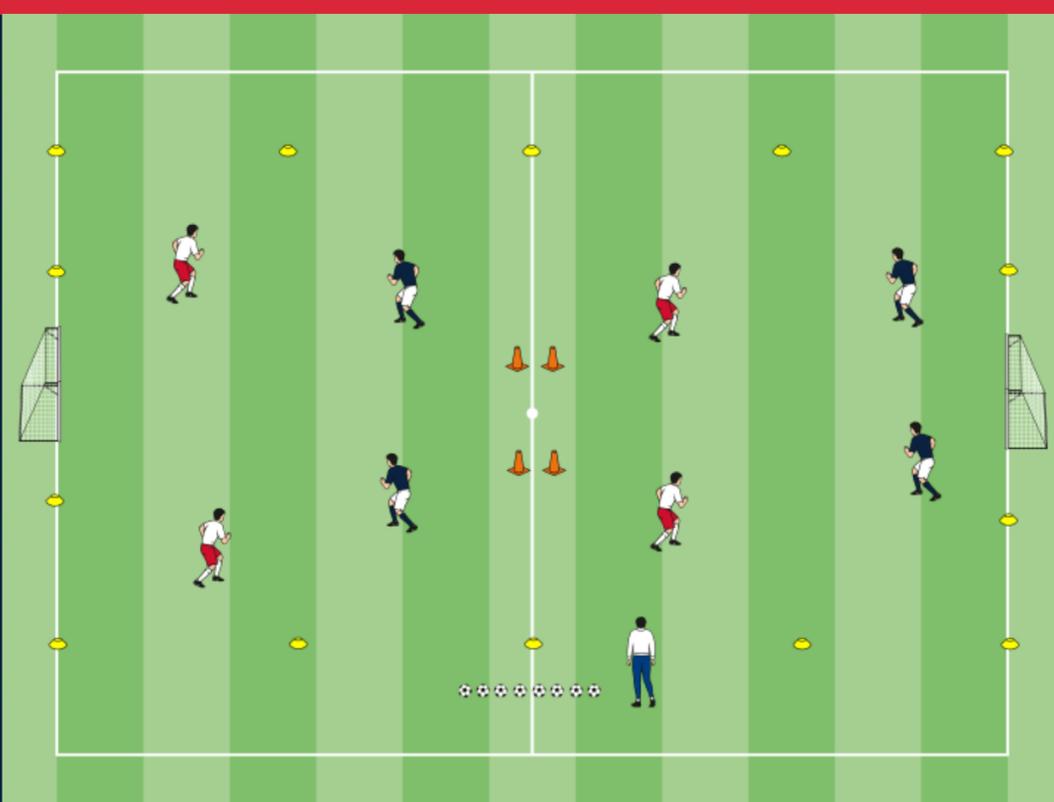
Me and my ball

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 2v2 games on two fields. Rotate players after 3 minutes

SCORING

Score on mini goal for 1 point

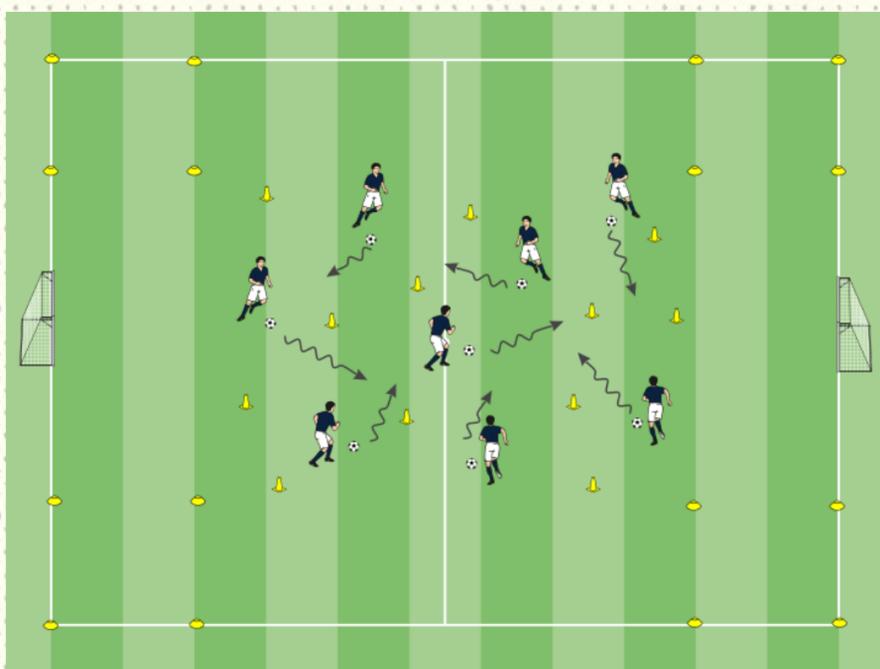
MORE CHALLENGING

Make fields smaller

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PHASE 2 – COACH SAYS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yards, 5x5 squares in corners, scattered cones as shown

DESCRIPTION

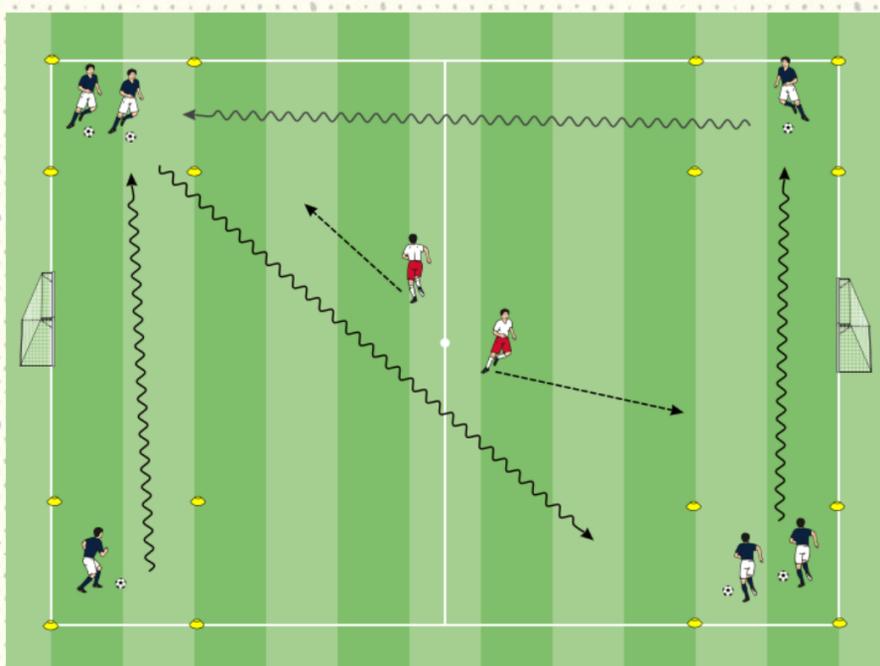
Simon "Coach" says. Give instructions to players that include fun creative ideas, Coach says put knee on ball, Coach says do 10 soles taps....try to trick players by missing out coach says. Ask players favorite restaurants, name each corner square a restaurant....Simon says go to Subway! Players dribble to Subway square.

MORE CHALLENGING

Add multiple restaurant stops, race to get back to middle

PHASE 3 – ISLAND HOPPING | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yards with 5x5 squares in each corner

DESCRIPTION

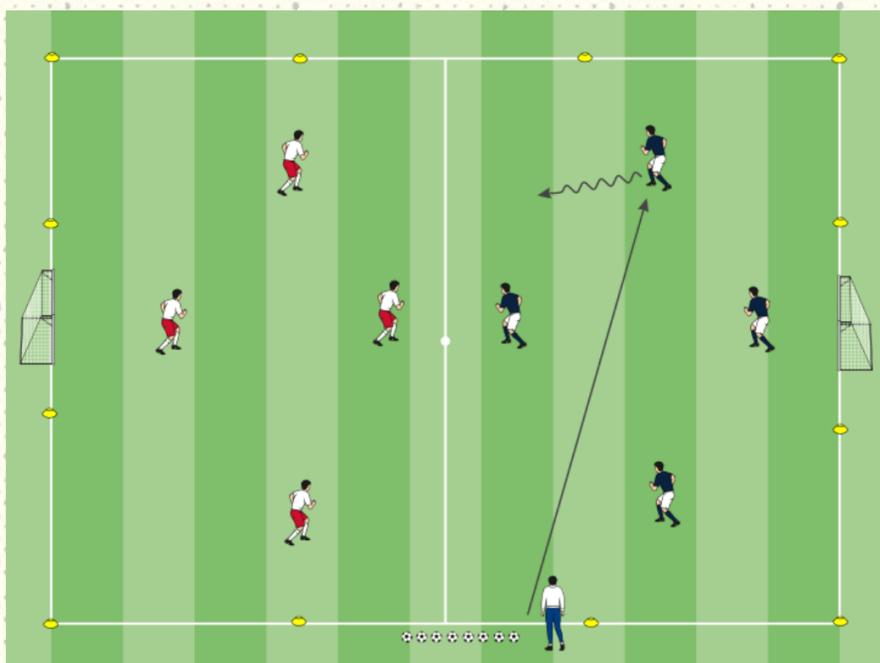
Players with ball attempt to hop from Island to Island avoiding the pirates who can start with or without a ball of their own based on the group to increase/lower difficulty. If a player loses their ball to a Pirate, they must perform a ball mastery move to get back into the game. 1 point for every island visited.

MORE CHALLENGING

Add more pirates
After (2x) Islands, go to opposite goal and score for 3 points! Pirates can defend

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