

Week 2 Dribbling

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

COACHING POINTS

1. Little touches, Soft touches
2. Head up to see a friend
3. Dribble away from friends

GUIDED QUESTIONS

1. Should I take little touches or big touches?
2. What might happen if I stare at the ball when dribbling?
3. How fast should I go to get away from my friend?


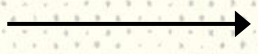
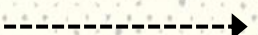
KEY WORDS

Keep it close, Fast as you can

PLAYER ACTIONS

Dribbling

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Keep the ball close; **Block 2:** Different Surfaces



3 v 3

4 v 4

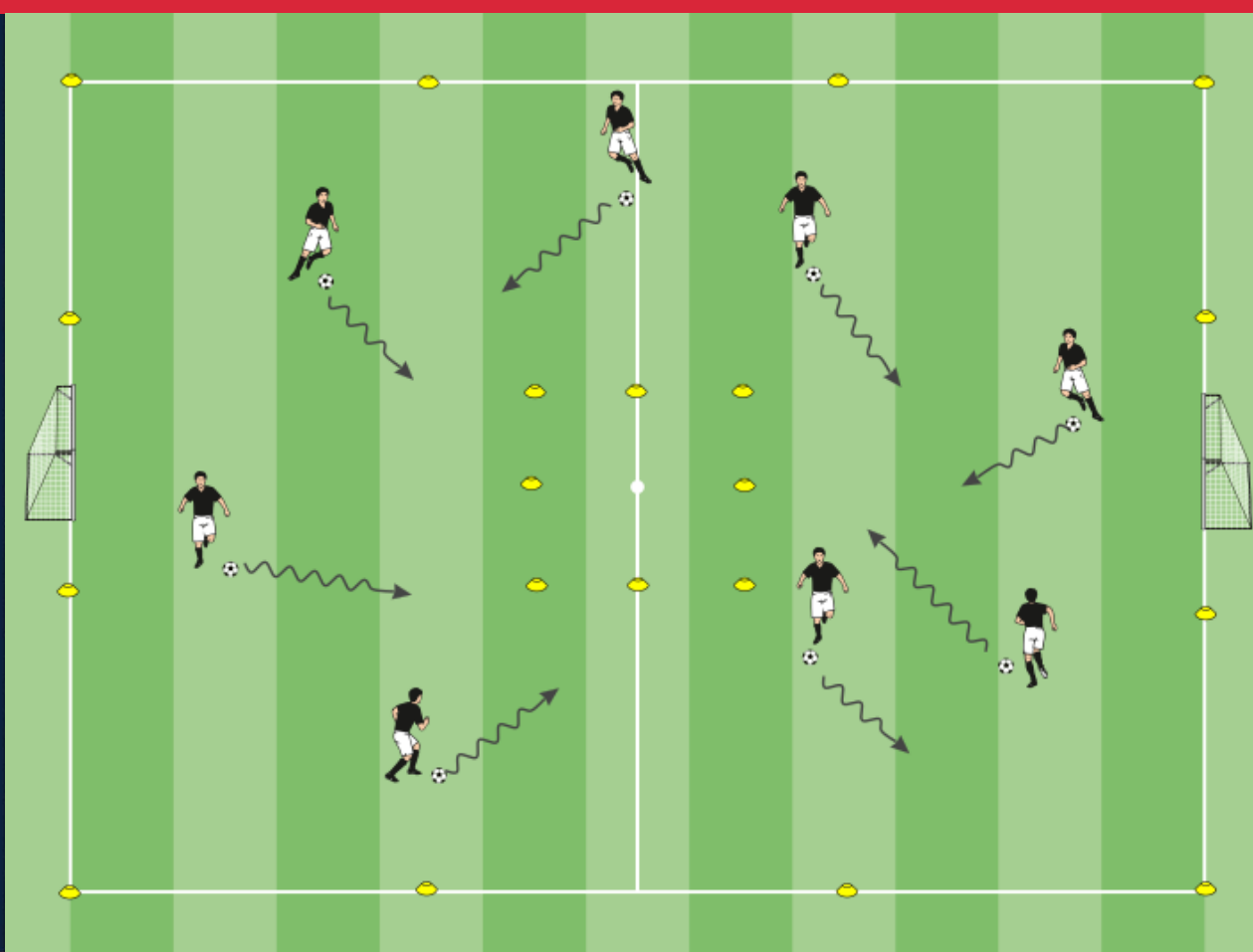
Play to discover

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Dribbling
Block 1

FUN GAME 1 - PIRATE SHIP



AREA

15 x 20 yards with 5x5 square in middle.

DESCRIPTION

Players = Pirates, Coach = Captain, Player's dribble making sure they do not splash into the ocean.
 "Captains Coming" Foot on ball shout Aye Aye Captain
 "Climb the rigging" 10 sole taps
 "Scrub the decks" 10 tik tocks
 "Albatross overhead" Dribble ball to center to hide
 "Fire cannons" Shoot ball at Captain
 "Bow or Stern" = Dribble to one end of the ship stopping ball on the line. "High/Low Winds" Dribble fast/slow

MORE CHALLENGING

Pirates from another ship try to steal ball

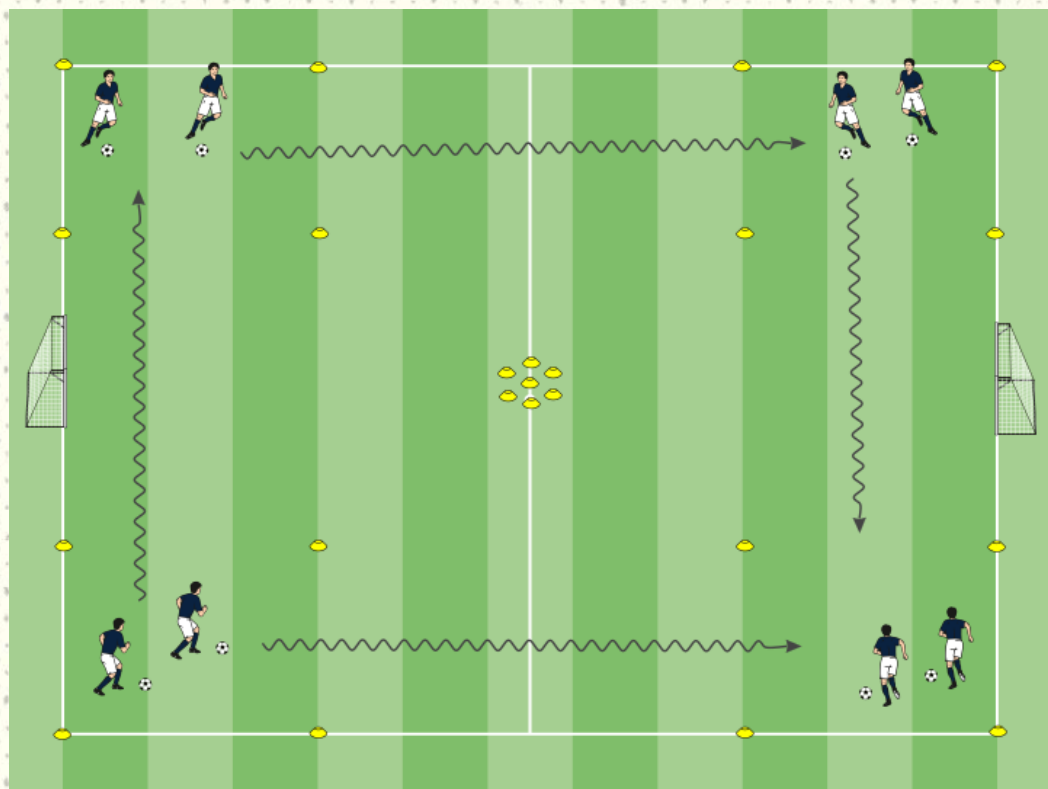
PRE-K

DRIBBLING

WEEK 2

FUN GAME 2

TREASURE ISLAND



AREA

15 x 20 yards, 5x5 squares in corners, cones in middle

DESCRIPTION

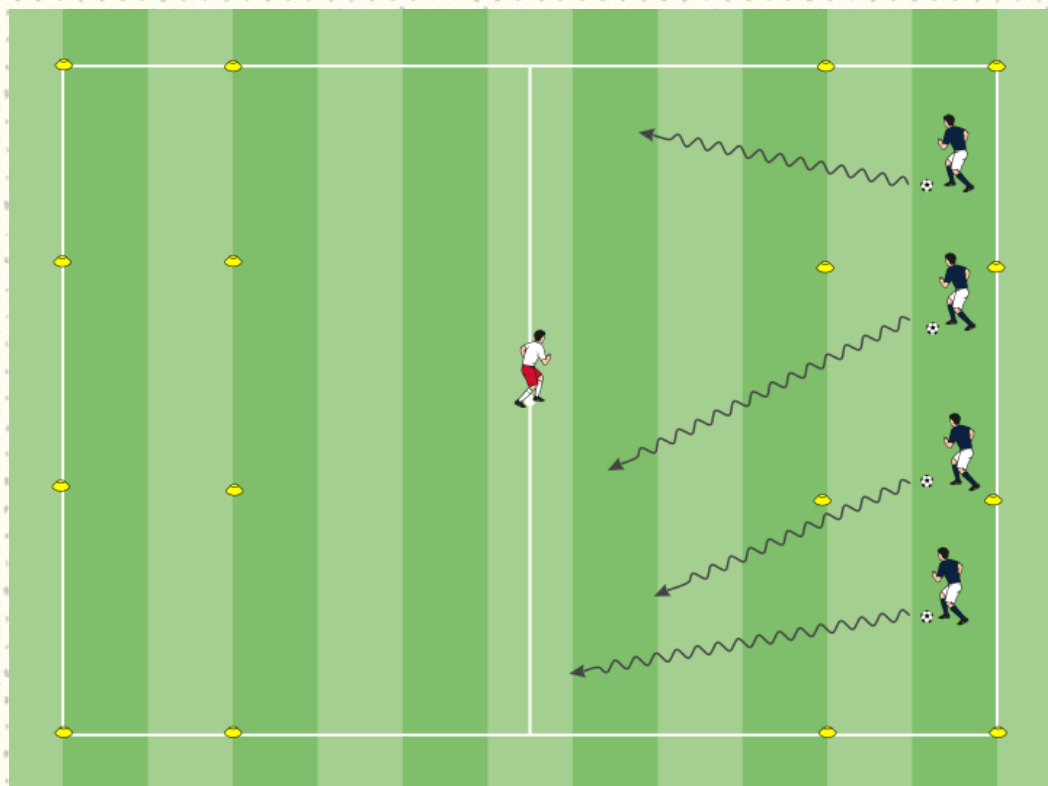
Pirates now search the treasure islands. Start players in different islands & ask them to search for the treasure by visiting each island dribbling their ball (do it without ball first if needed). Add treasure to the center and ask the pirates to find a piece of treasure and take it back to their island working as a team of pirates.

MORE CHALLENGING

Add sharks who can now try to catch the pirates and steal their ball.

FUN GAME 3

SHARKS IN THE WATER



AREA

15 x 20 yard with 5 yard end zones

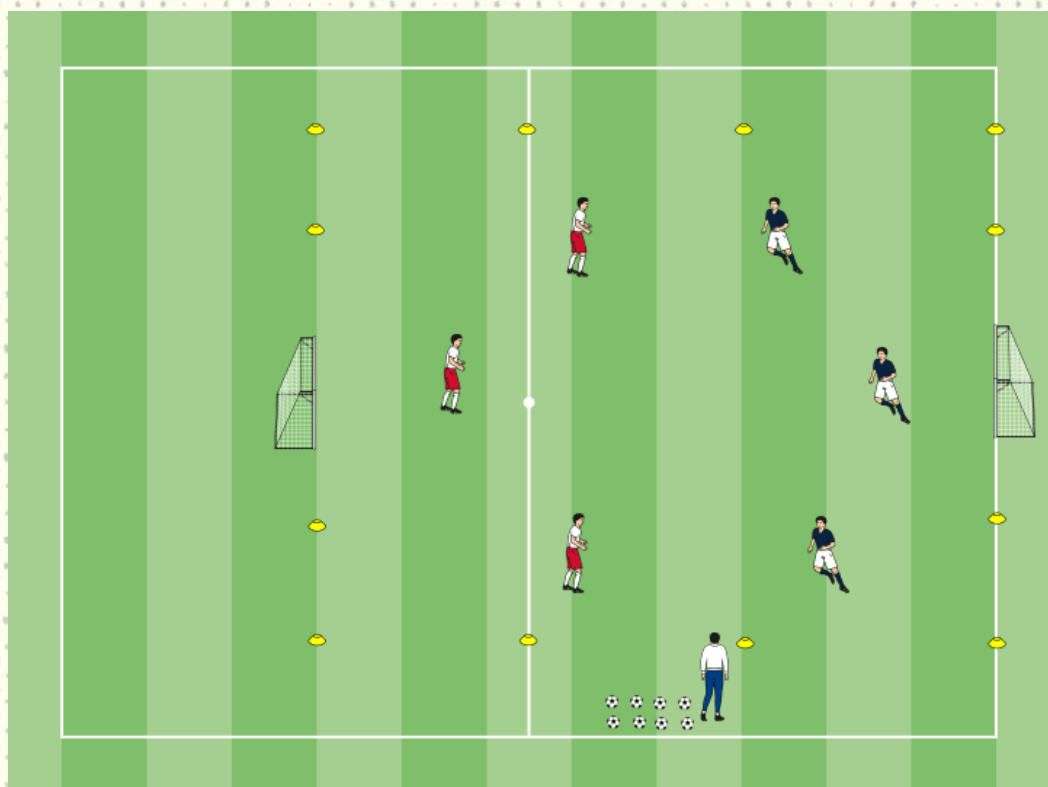
DESCRIPTION

Pirates start with their ball on end line (play without ball if needed) and dribble across the ocean avoiding the sharks who can steal their ball. Goal is to make it to the opposite island safely by dribbling into open space. If you have your ball stolen, you become a shark.

MORE CHALLENGING

Add more sharks

GAME 3v3 / 4v4



AREA

20 x 30 / 15 x 20 yard field based on numbers

DESCRIPTION

Finish with a 3v3 game (4v4 if needed). Coach should have a large supply of balls. Communicate to players that if the ball goes out NOT to chase ball, coach will play another ball in. Experiment with multiple balls in the game at one time for fun and to increase the number of times each player is on the ball. Have fun and encourage players to dribble.