

Week 3 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

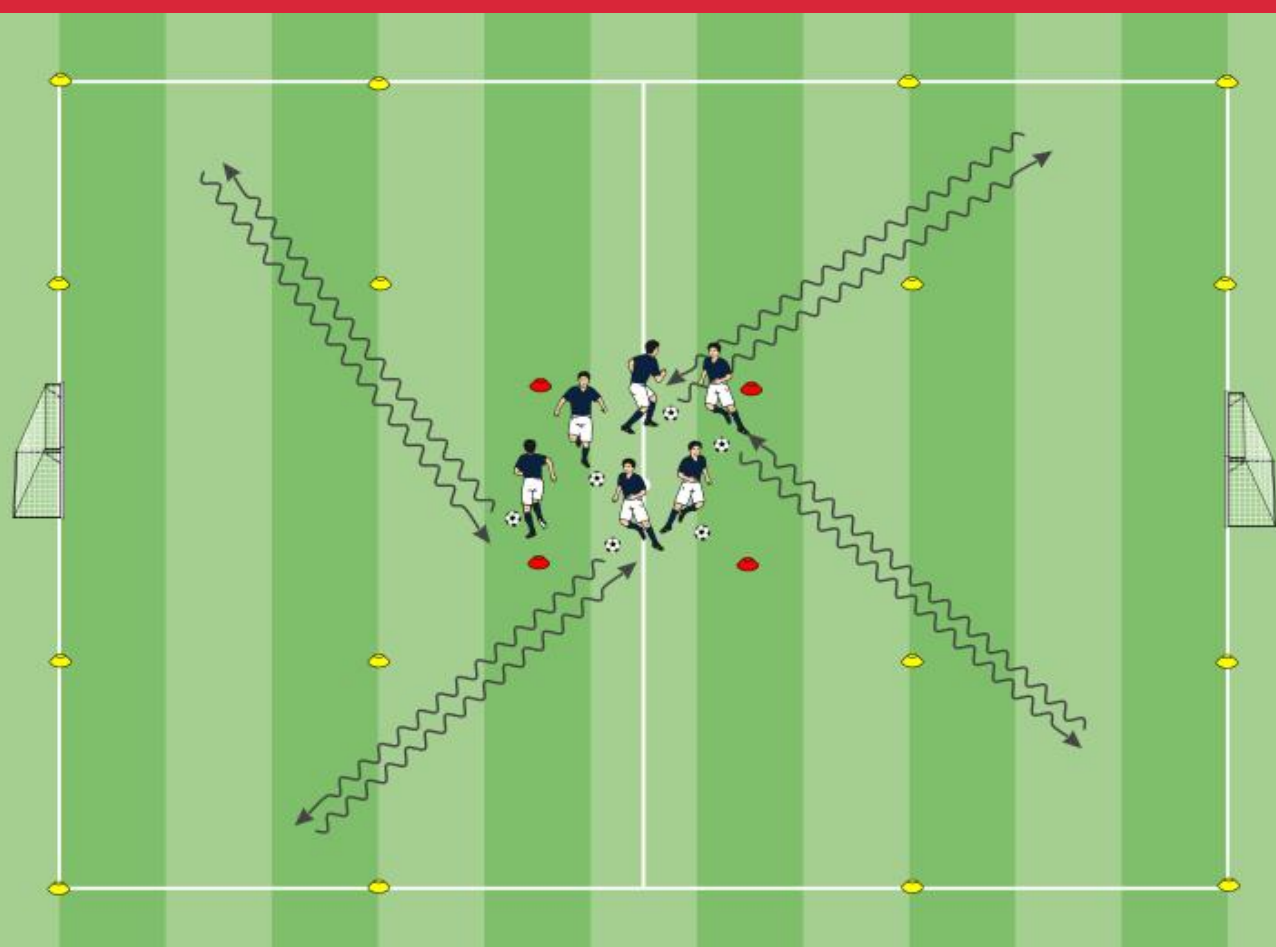
*Play to discover*

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Dribbling  
Block 1

**FUN GAME 1 - FEEDING THE FARM ANIMALS**



**AREA**

15 x 20 yards, 5x5 squares as shown.

**DESCRIPTION**

Players start in the farm (red square) name farmyard animals. Give each yellow square an animal name (chickens, cows, pigs....) and ask players to dribble their ball to each animal then come back to the farm. Once they have visited each animal coach now calls an animal and player must visit that box. Keep ball close and look for space.

**MORE CHALLENGING**

Race to see how many animals you can visit in 1 minute.

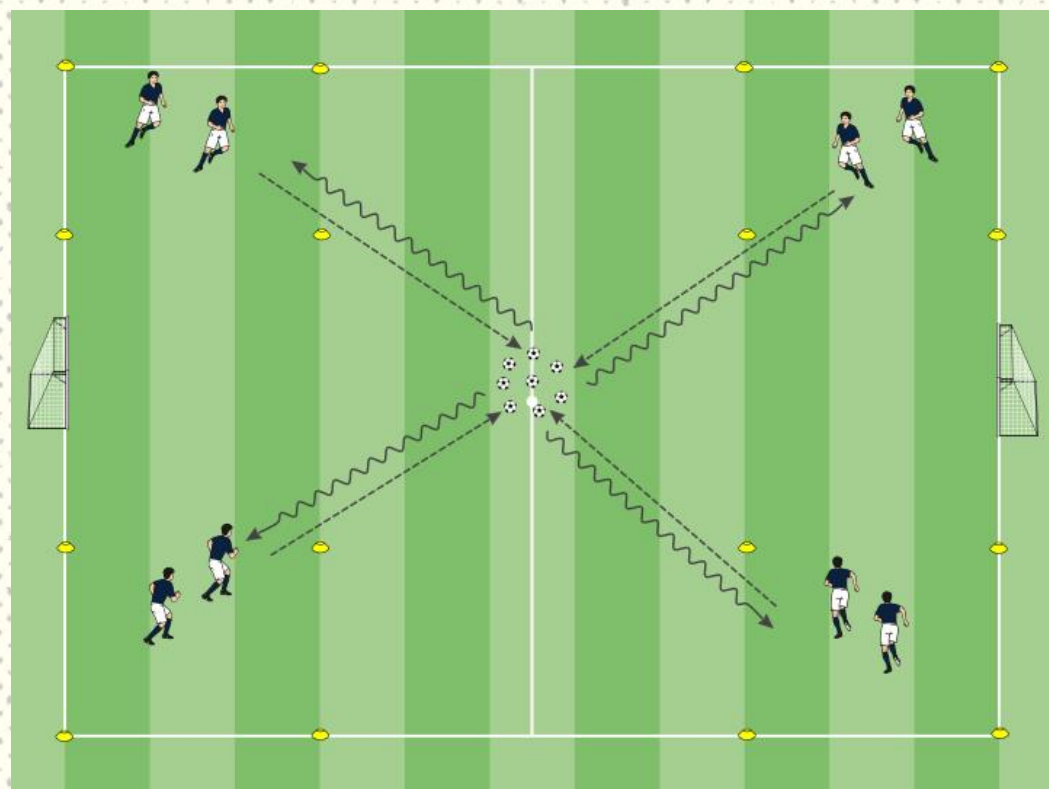
# PRE-K

## DRIBBLING

## WEEK 3

### FUN GAME 2

### HUNGRY HIPPOS



#### AREA

15 x 20 yards, 5x5 squares

#### DESCRIPTION

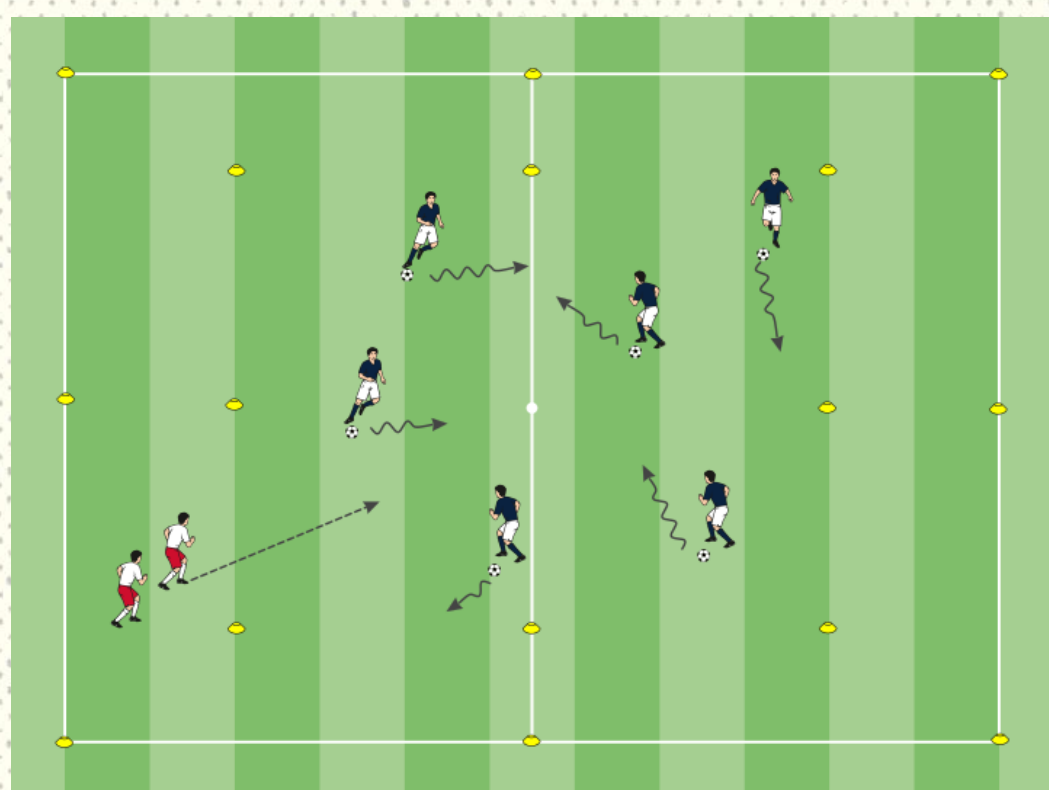
Hippos need to eat! On the “Hungry Hippos” command 1 player from each square runs into the middle and dribbles a ball back to their square. The next hippo can leave and get another ball. Keep playing until there are no balls left. The hippos should return the balls at the end of each round by dribbling the balls back and stopping them in the middle square.

#### MORE CHALLENGING

Place cones in middle and have hippos dribble ball to middle and grab a cone with their hand.

### FUN GAME 3

### KING/QUEEN OF THE JUNGLE



#### AREA

15 x 20 yards

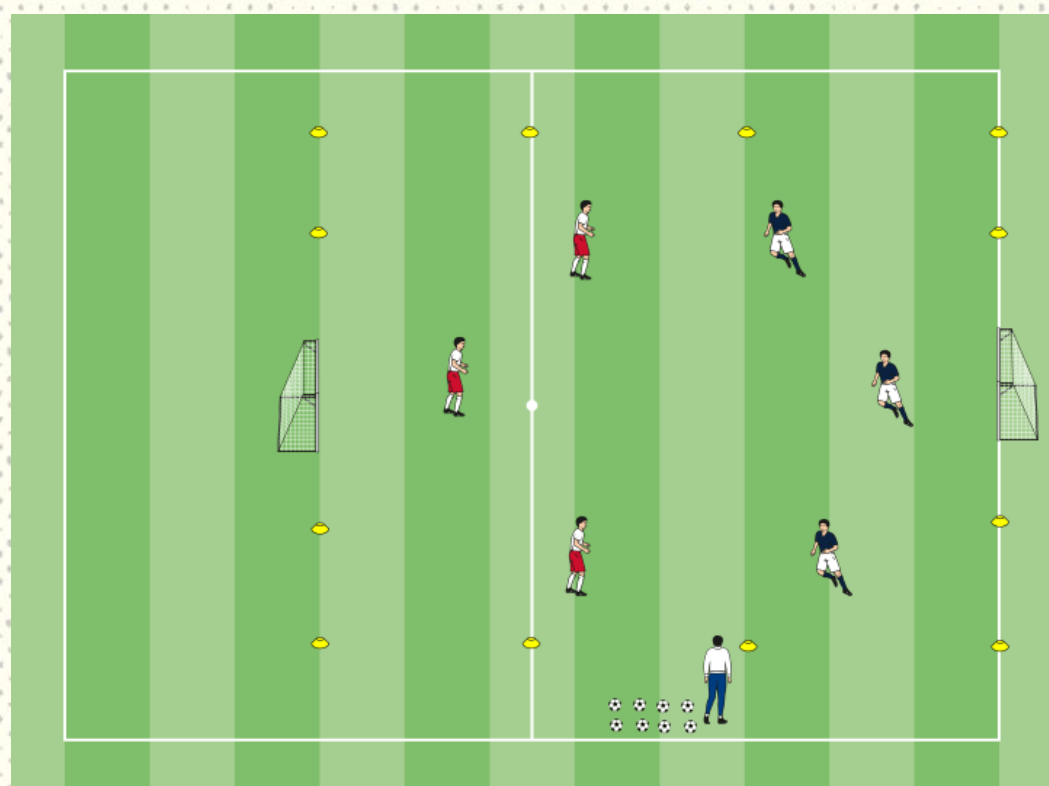
#### DESCRIPTION

Players with a ball each inside the grid. Ask players to choose their favorite jungle animal and move around the jungle by dribbling and keeping ball close. The King/Queen of the jungle is a Lion, when you hear the lion’s roar, beware! The lions try to steal the balls.

#### MORE CHALLENGING

Add more lions

### 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.