

Week 5 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

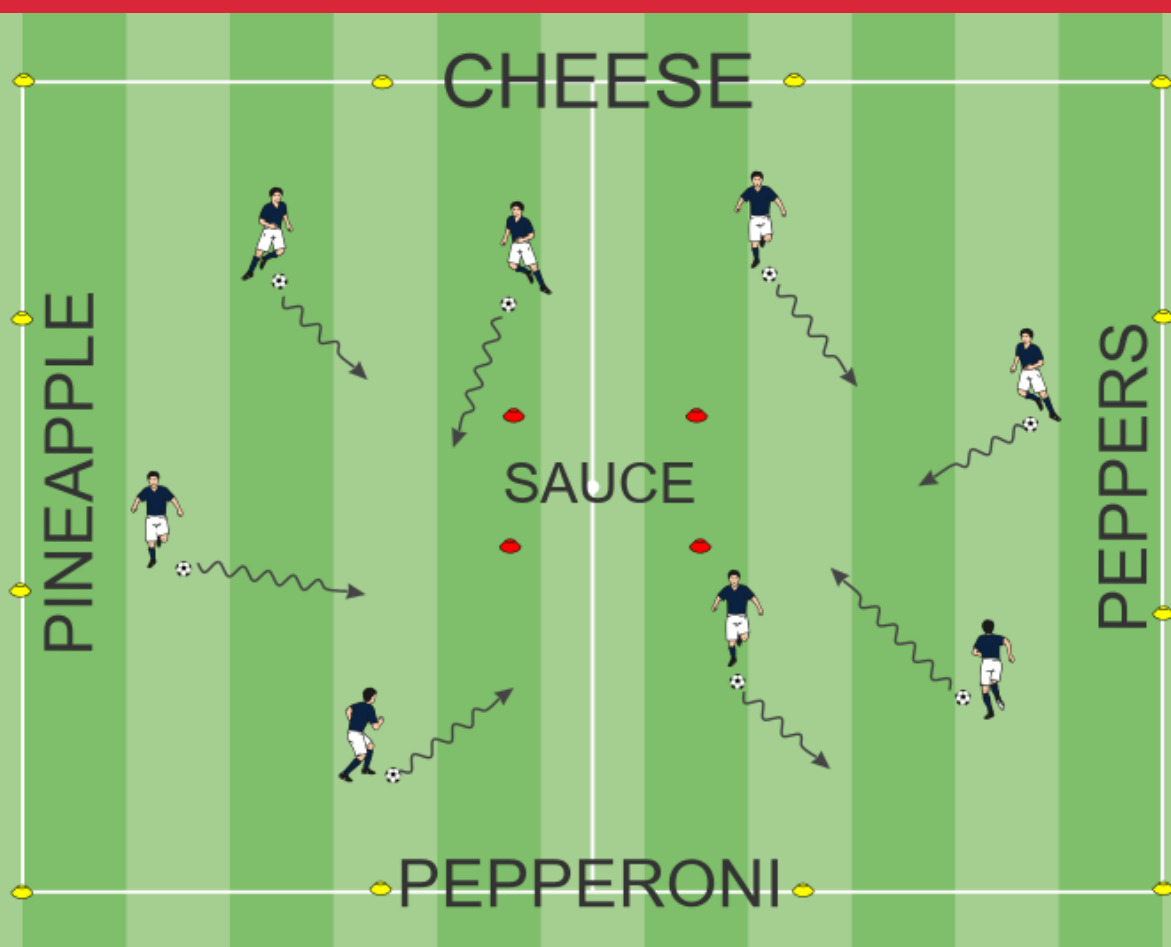
Play to discover

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Dribbling
Block 1

FUN GAME 1 PIZZA TIME



AREA

15 x 20 yards, 5x5 squares as shown.

DESCRIPTION

Ask players to think of their favorite pizza toppings and shout them out. Name a square after a topping with sauce in the middle. Players start with some sauce, then cheese and toppings by dribbling their ball to each square. After collecting all the toppings put the pizza in the oven by making 10 sole taps! Make another pizza changing toppings

MORE CHALLENGING

"Pizza the Hut" (coach) loves to steal and eat pizzas! Beware and dribble your pizza away when he comes.

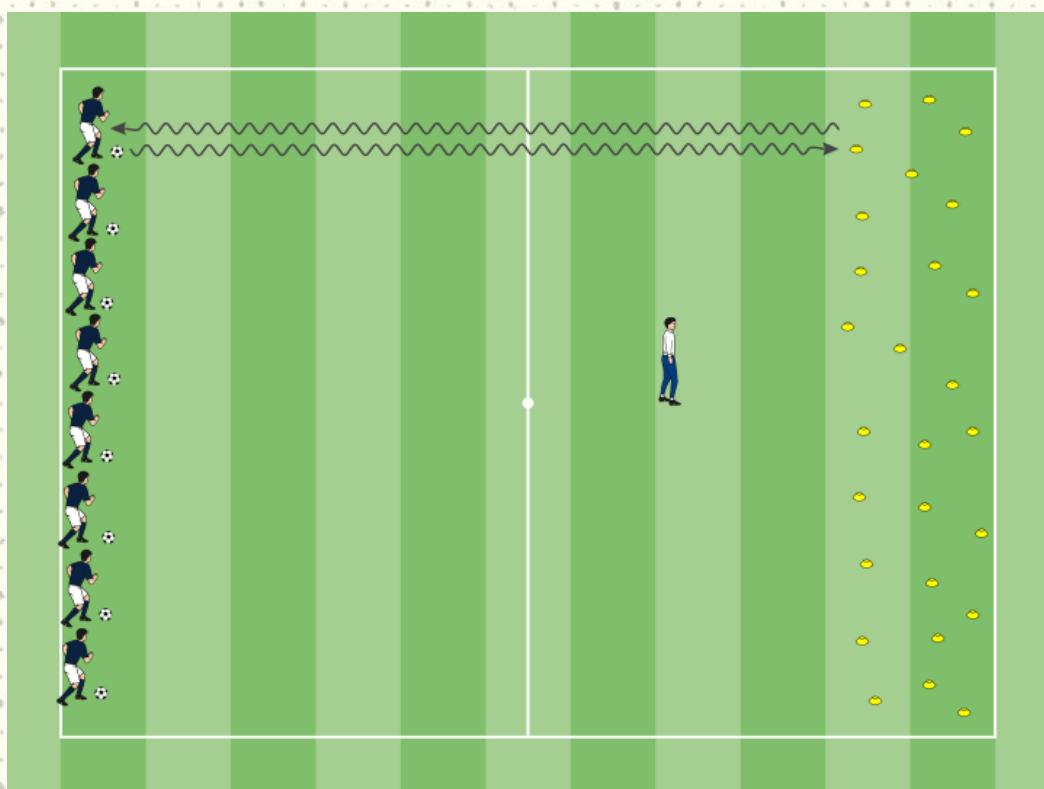
PRE-K

DRIBBLING

WEEK 5

FUN GAME 2

TRICK OR TREAT



AREA

15 x 20 yards, scattered cones at end of grid

DESCRIPTION

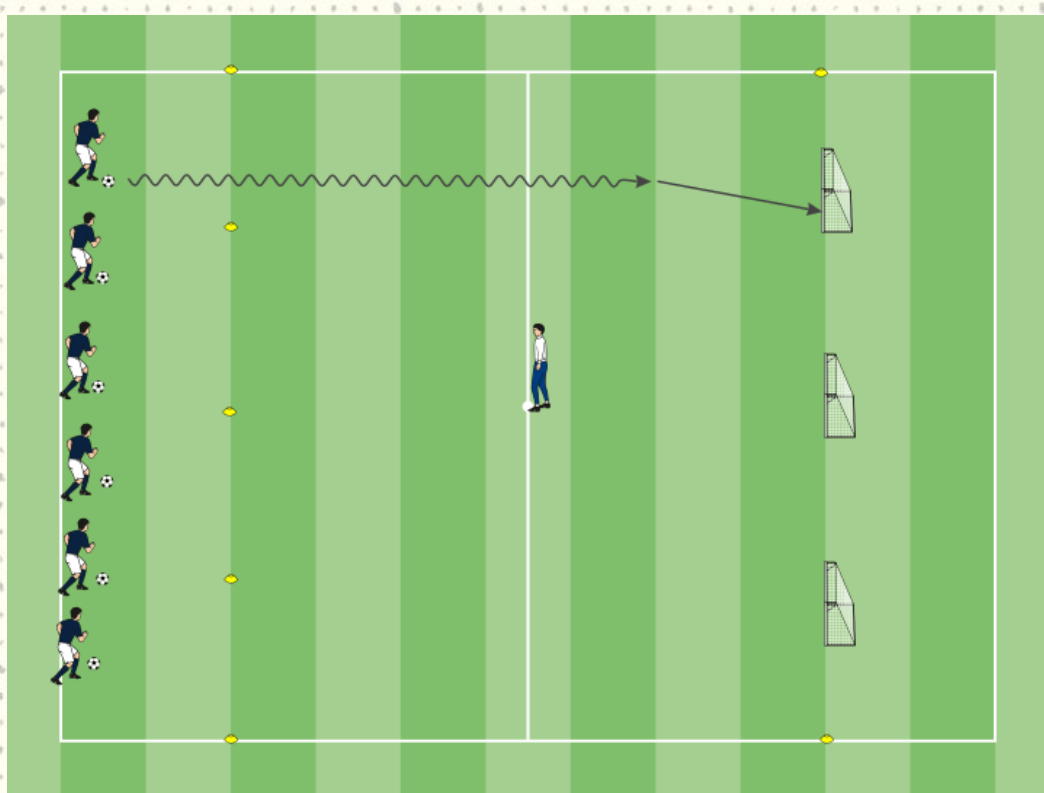
It's Halloween and time to get some candy! When coach shouts "trick or treat" each player dribbles their ball to a candy, picks the candy up with their hand and dribbles ball back to start. Place each piece of candy next to your own water bottle! Go back for more, as quick as you can. Beware of the Halloween Ghost (Coach) who loves to steal candy from kids!

MORE CHALLENGING

Play "Freeze" game where players must stop their ball and stand as still as possible to not get caught!

FUN GAME 3

GHOSTBUSTERS



AREA

15 x 20 yards, 3 goals, 5 yard end zone

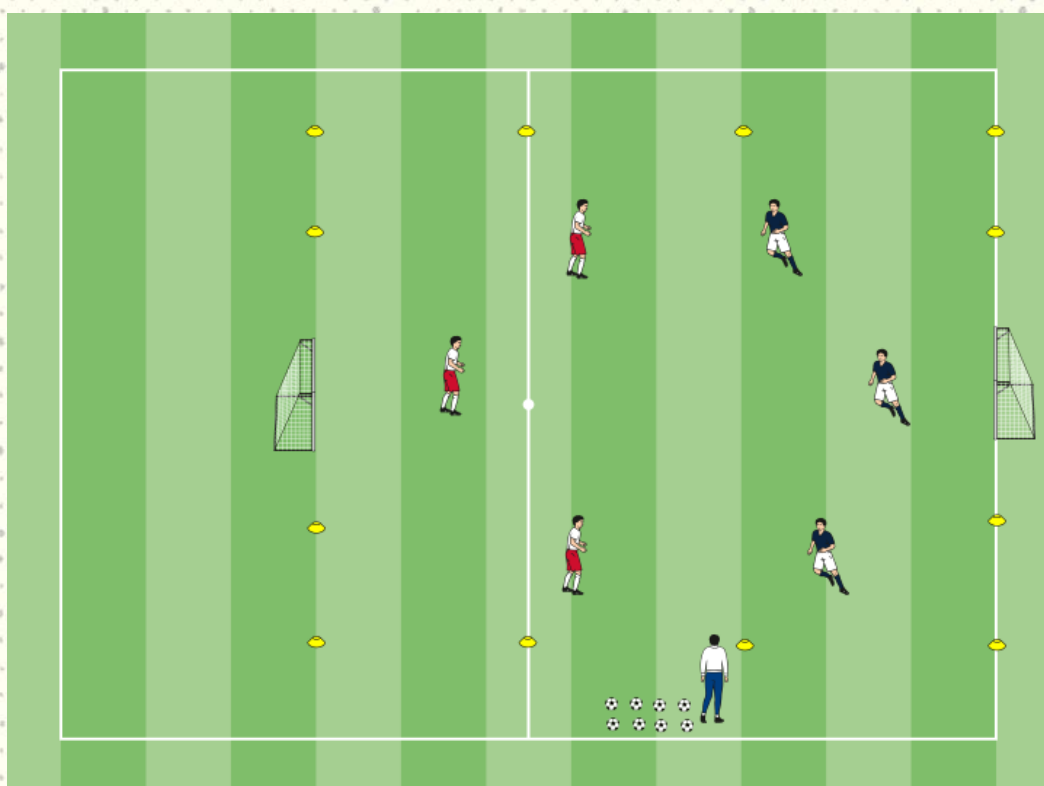
DESCRIPTION

Beware of the Ghosts! Players need to dribble their ball past the ghost and score a goal. If the ghost tags them, start again. Team needs to score 10 goals to banish the ghost!

MORE CHALLENGING

Add more ghosts, if ghost wins ball, they dribble to end zone.

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.