

Week 1 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



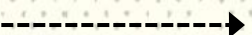
PLAYER ACTIONS

Dribbling

TECHNICAL TOOLS

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

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 



3 v 3

4 v 4

Play to discover

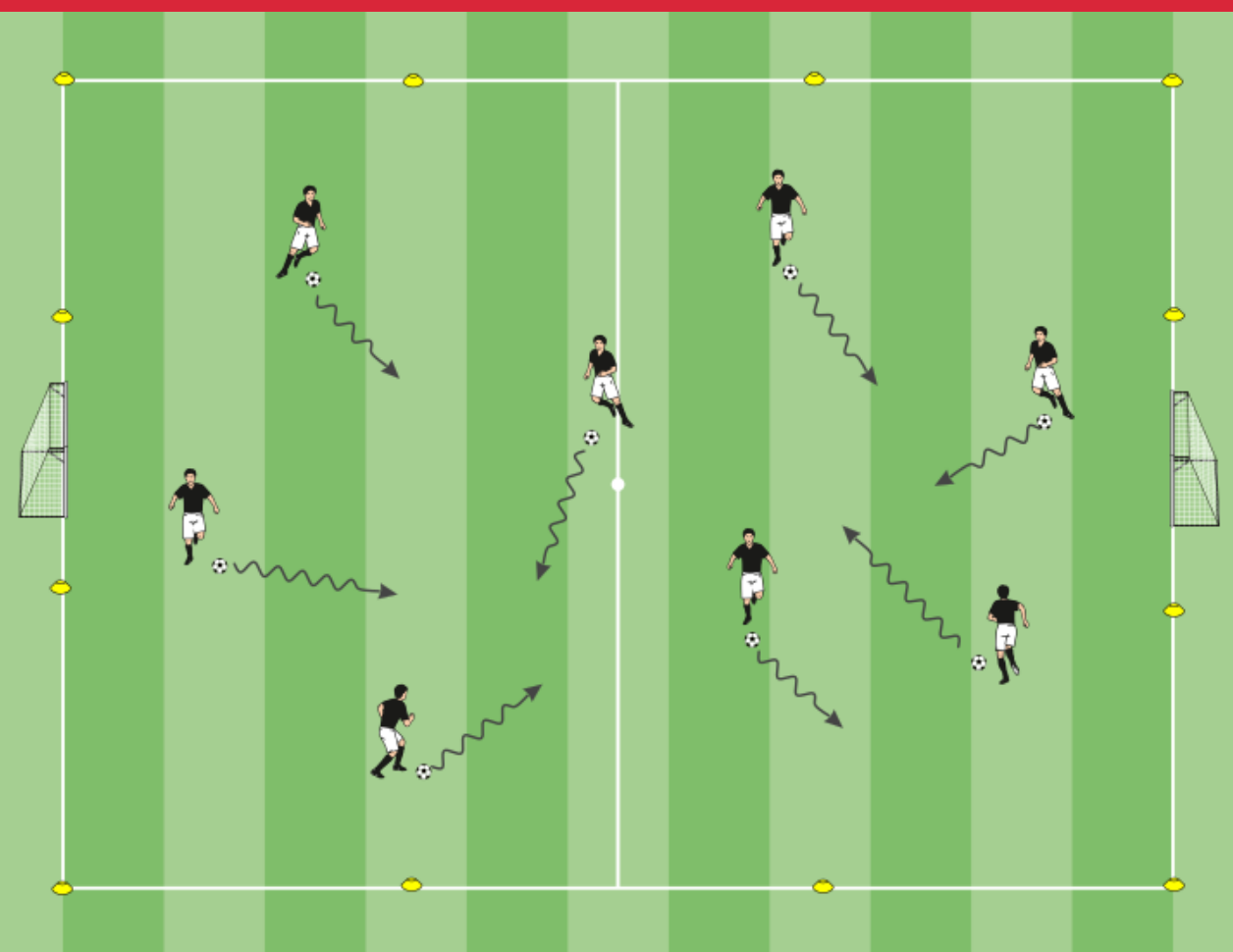
Me and my ball

Learn fundamentals, purpose, direction, & rules of the game

Dribbling
Block 1

FUN GAME 1 - TRAFFIC LIGHTS

3 MINUTES PLAY | 1 MINUTE REST



AREA

15 x 20 yards

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

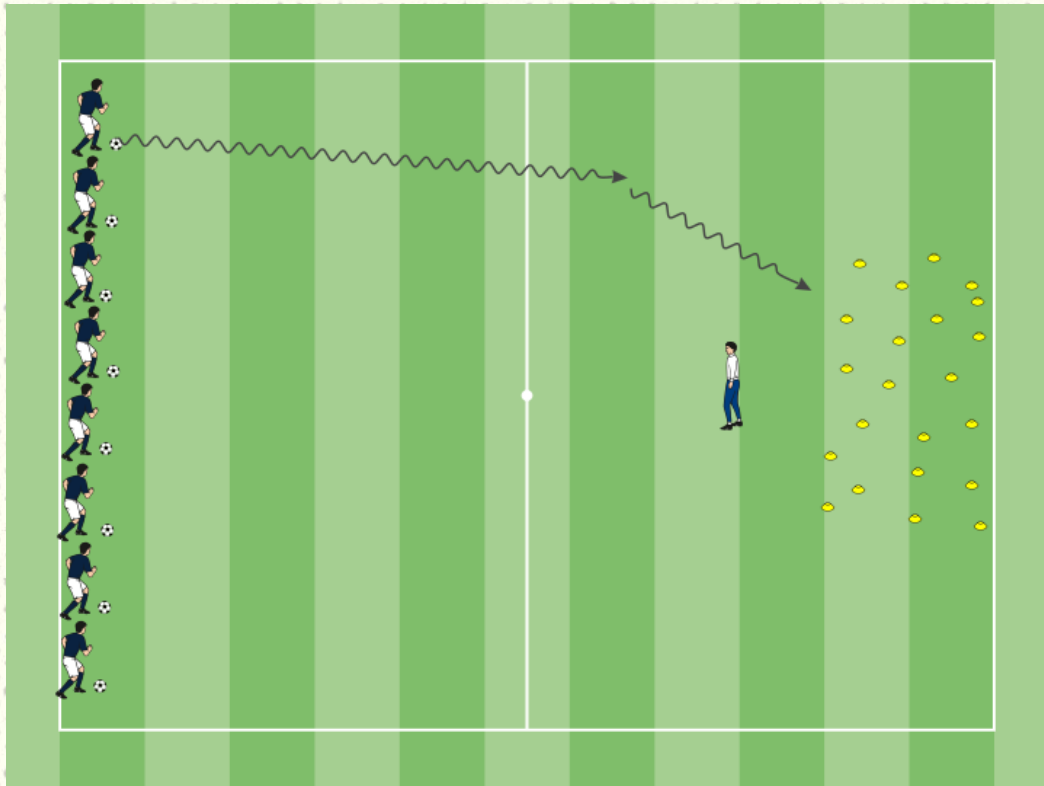
PRE-K

DRIBBLING

WEEK 1

FUN GAME 2

WHAT'S THE TIME MR WOLF



AREA

15 x 20 yards, cones placed next to coach

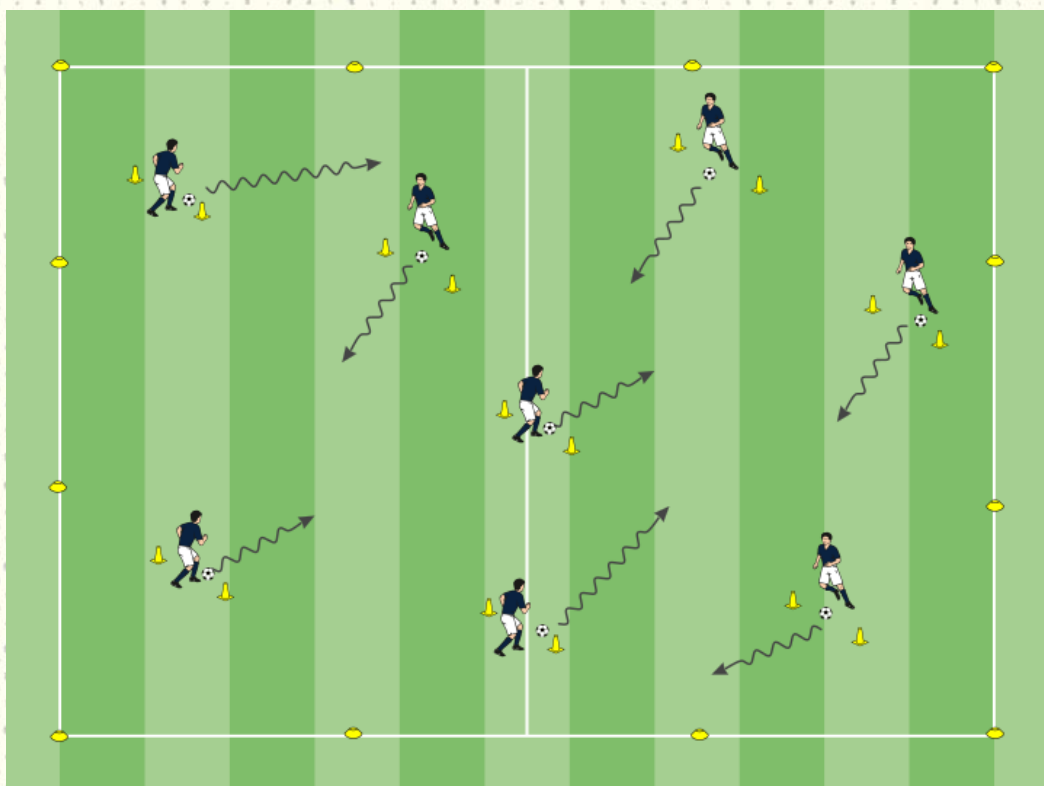
DESCRIPTION

When the Big Bad Wolf (Coach) howls, the kids should say "What time is it Mr. Wolf" Its "2 O'clock" all the players take 2 touches forward and stop the ball with the sole of the foot. Repeat again until it's "Dinner Time" when the wolf turns and runs to "eat" some soccer balls. Players must stop ball on end line. The wolf needs to protect his wolf treats, braver children can try and get close to steal one before it's dinner time.

MORE CHALLENGING

Add more wolfs

FUN GAME 3 BEWARE OF THE WOLF



AREA

15 x 20 yards, 3 yard gates

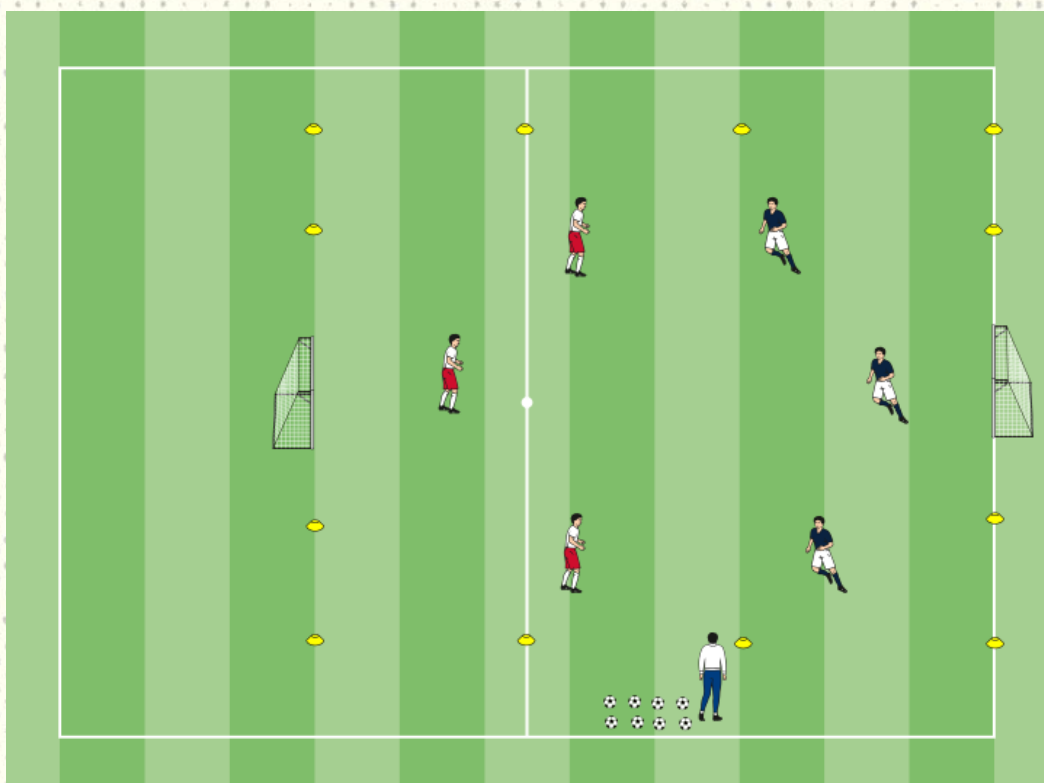
DESCRIPTION

Players with a ball each (start game without ball to understand concept) at the safe chicken coop (in gate). Chickens need to eat so try visit as many chicken coops as possible, dribbling ball to new gate. Listen out for the "howling wolf" (coach) chases the chickens. If you are in the coop you are safe but beware of the wolf when you leave

MORE CHALLENGING

Add more wolfs

GAME 3v3 / 4v4



AREA

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.