

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?



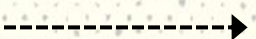
**KEY WORDS**

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

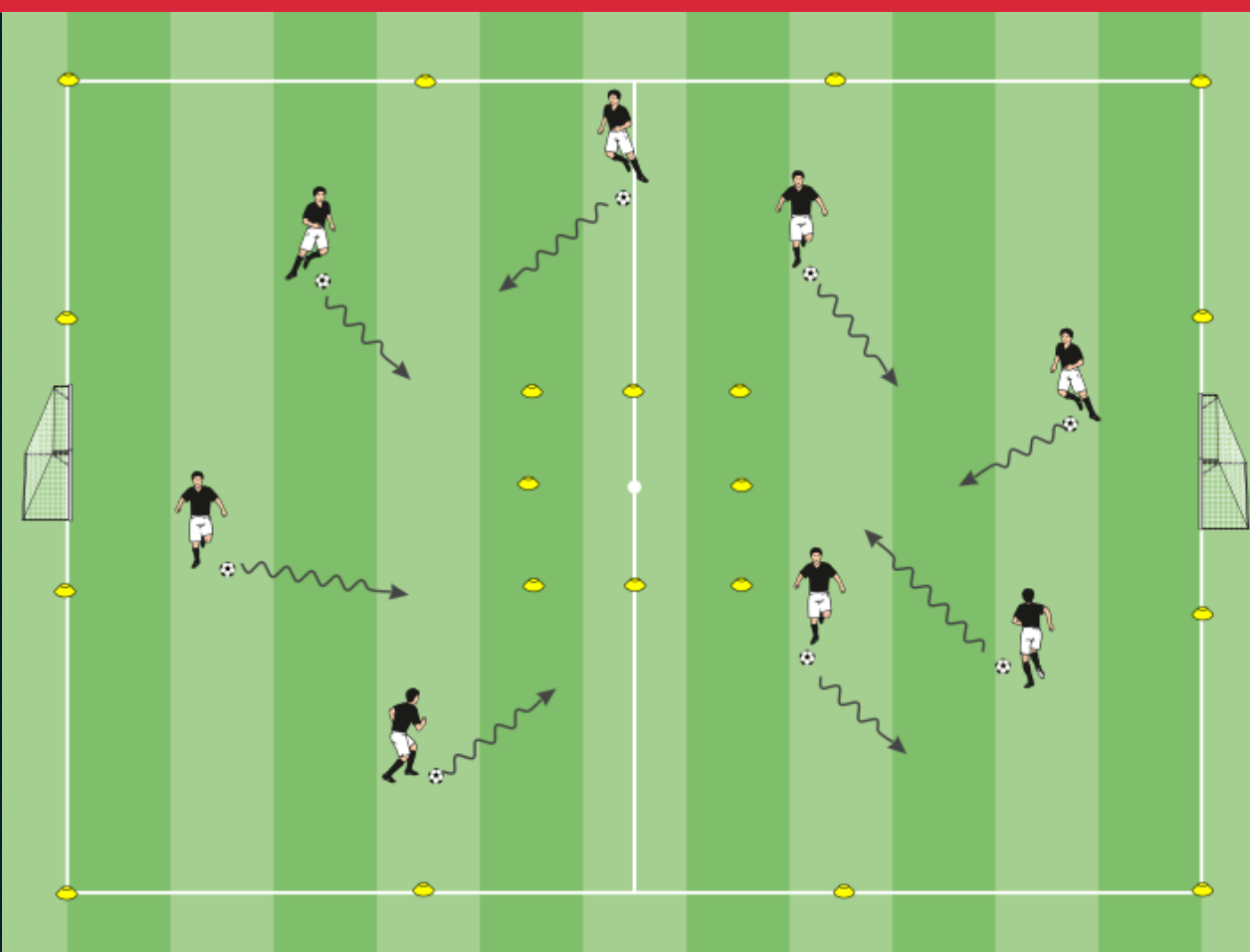
*Play to discover*

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**

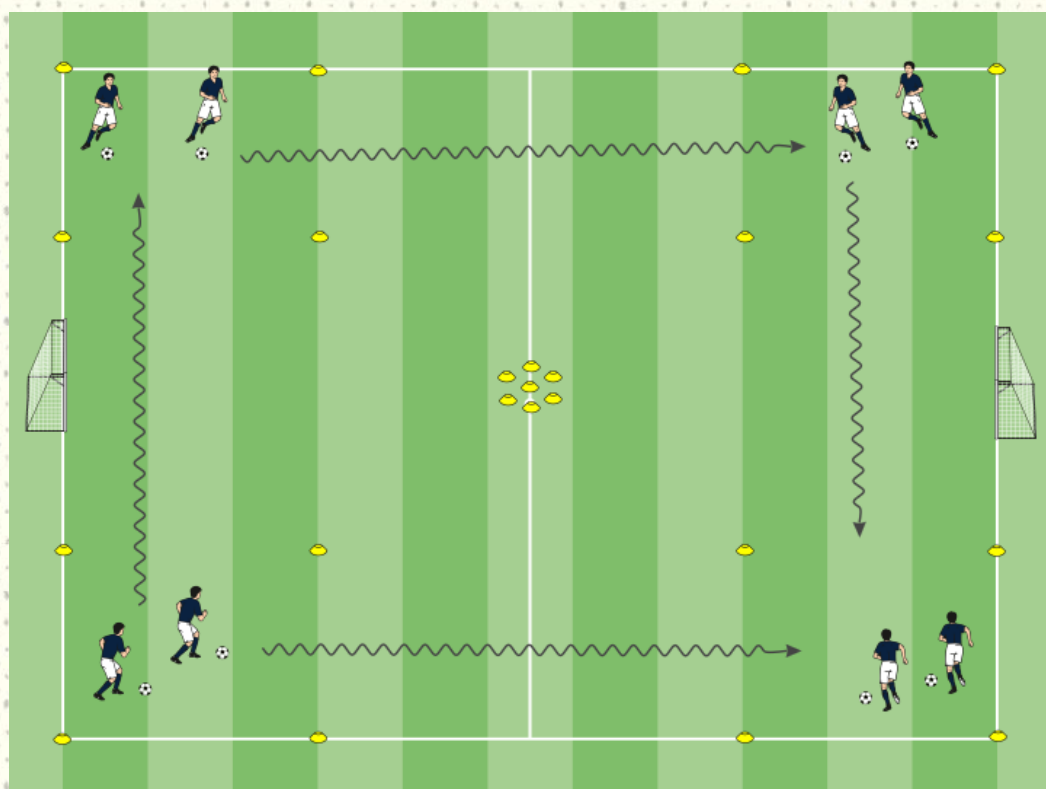
Pirates from another ship try to steal ball

# PRE-K

## DRIBBLING

## WEEK 2

### FUN GAME 2 TREASURE ISLAND



#### AREA

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

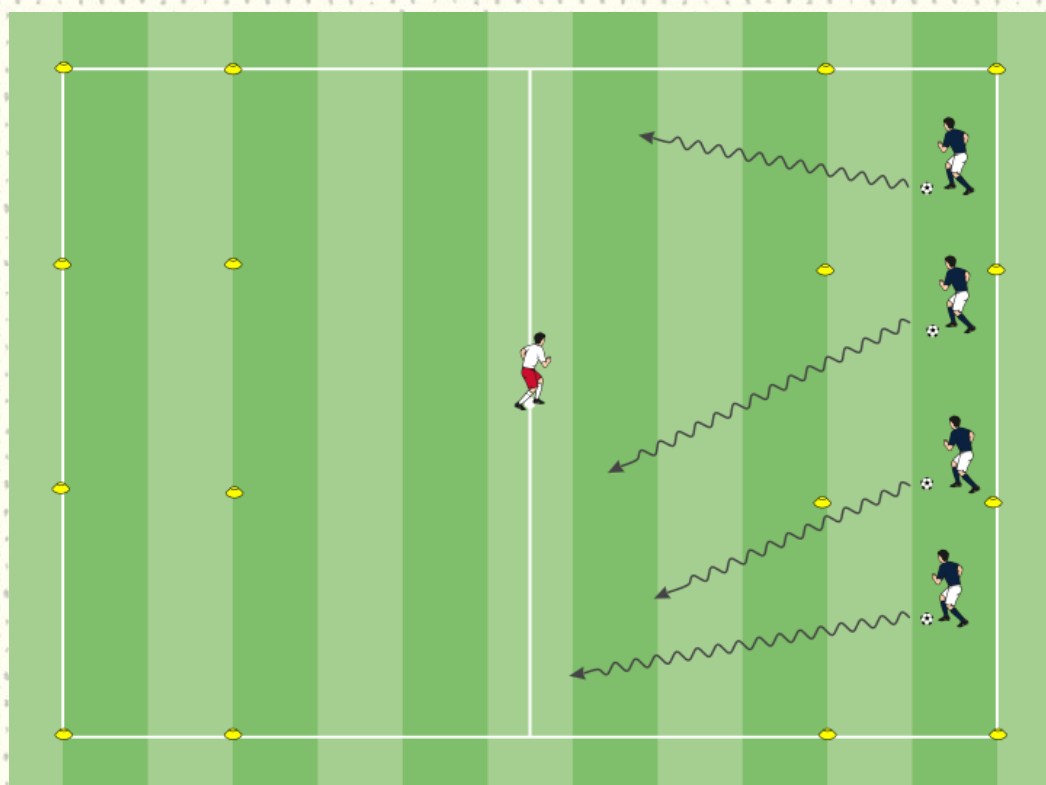
#### DESCRIPTION

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

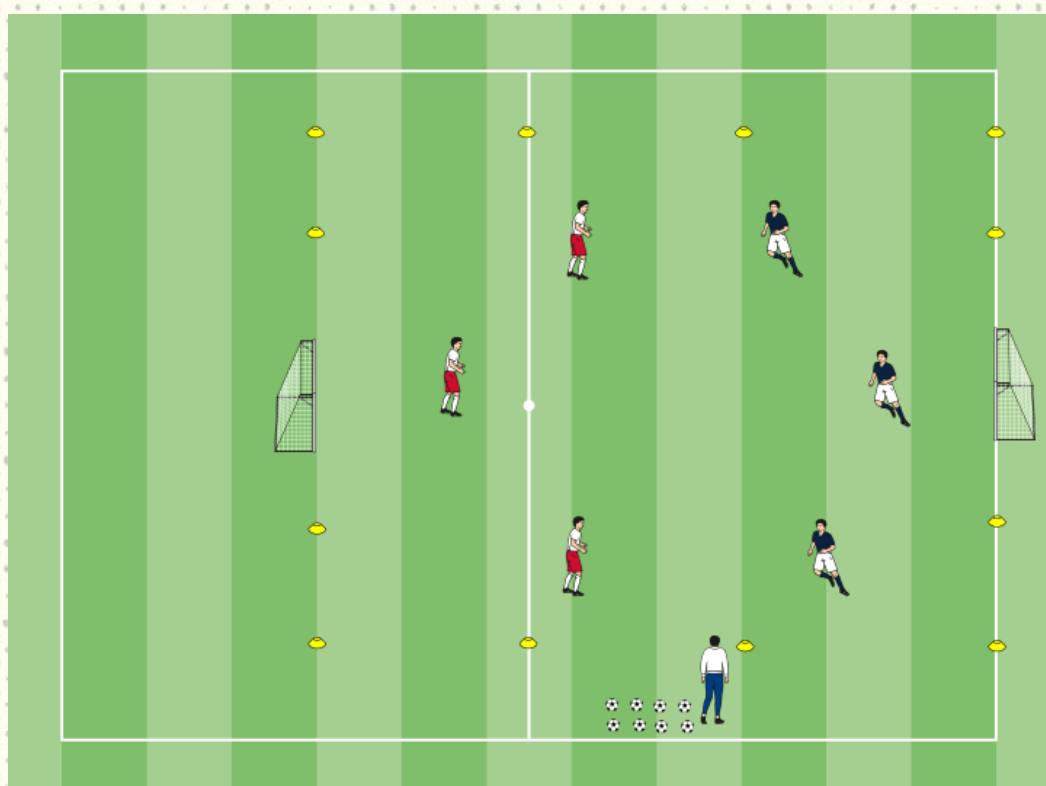
#### DESCRIPTION

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.