

Week 9 Dribbling to protect the ball

OBJECTIVE | Learn how to use different surfaces of the foot

COACHING POINTS

1. Toe down, use laces to dribble
2. Head up to see opponent, space and teammate
3. Dribble into open space

GUIDED QUESTIONS

1. Where should we keep ball when dribbling? Why?
2. How can you find open space?
3. How should you dribble into space?

KEY WORDS

Keep it close, Drive, Take Space, Pick head up




PLAYER ACTIONS

Dribble, Change speed, 1v1 moves

TECHNICAL TOOLS

Block 1: Keep the ball close; **Block 2:** Different Surfaces;
Block 3: Accelerate, Ready position

SESSION KEY

Dribble 
Pass / Shot 
Movement 



4 v 4

Play to discover

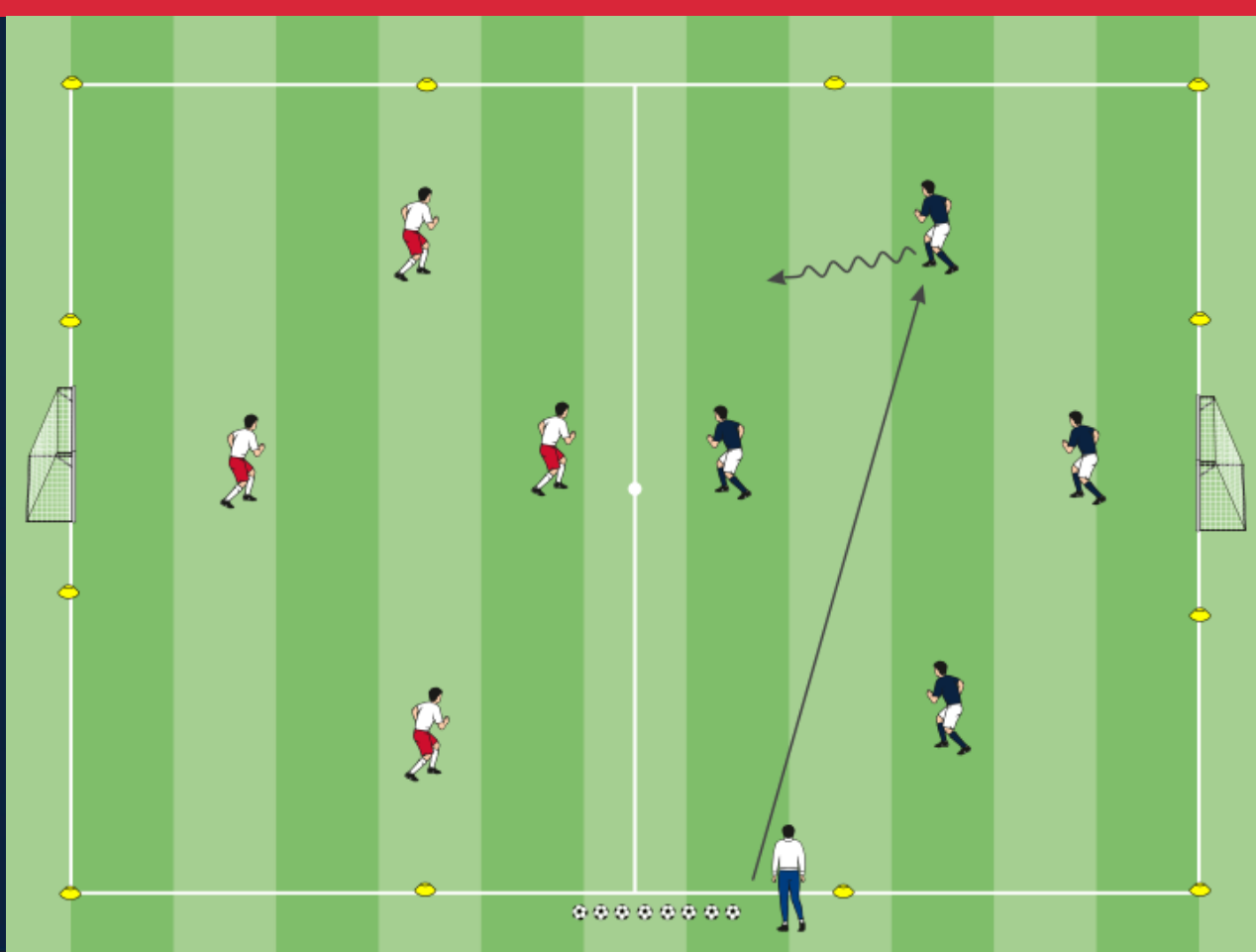
Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Dribbling
Block 2

PHASE 1 – PLAY | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 30 yard field

DESCRIPTION

Players play 1v1, 2v2, 3v3, 4v4 as they arrive with the focus on passing. Encourage players to take on opponents by dribbling into space.

SCORING

Score on mini goal for 1 point

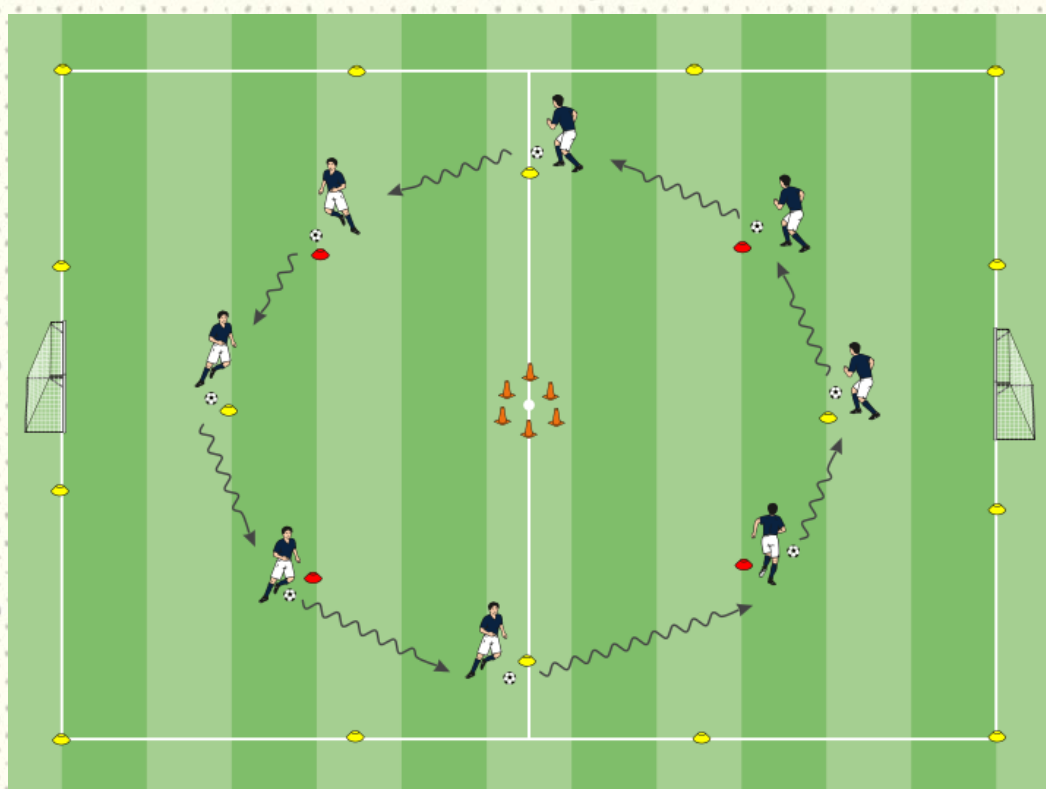
MORE CHALLENGING

Make fields smaller

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PHASE 2 CIRCLE SOCCER GAME – | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

Circle of cones alternate colors in center of field

DESCRIPTION

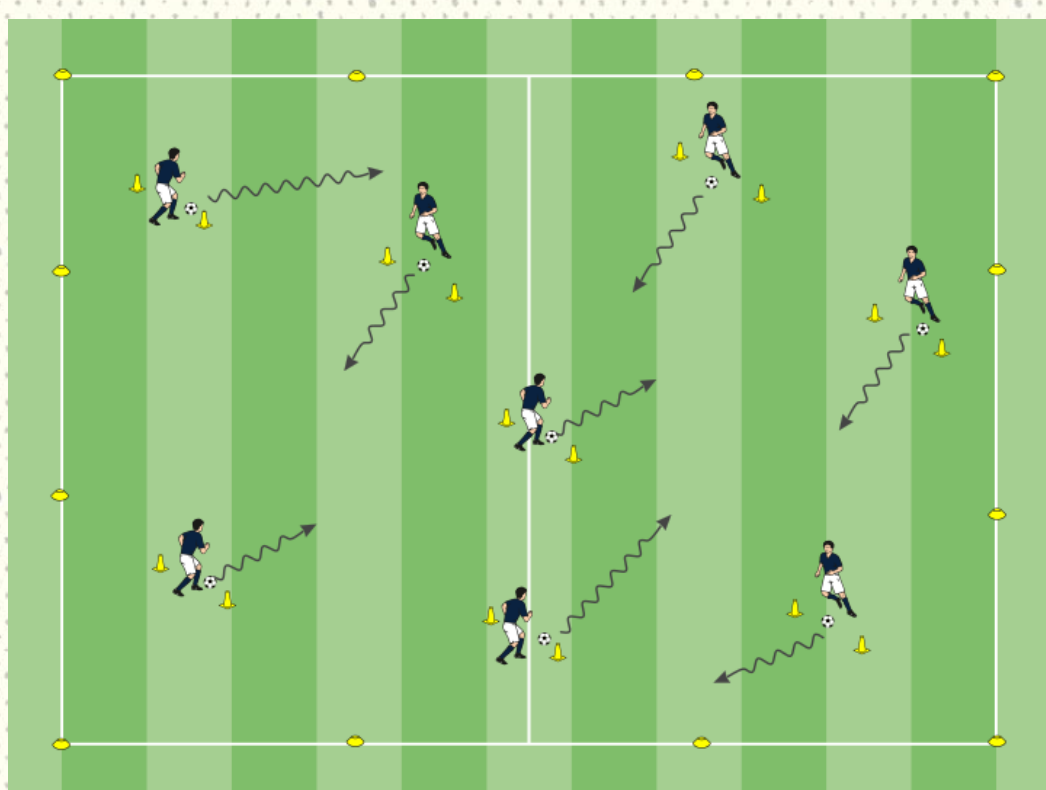
Players start without a ball and run around the circle back to their cone. Add change of direction. Then add ball each working on dribbling with close control and change of direction moves (pull backs) adding races back to cone. 1st back gets to shoot first to knock over cones for a point.

MORE CHALLENGING

Add multiple change of directions

PHASE 3 SURFACES OF THE FOOT – | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yards, 3 yard gates

DESCRIPTION

Players with their own ball start in a gate. Coach asks them to place different body parts (knee, toe, foot, back, head....make it fun) on the ball before saying "GO" and they then dribble to open gate. Now ask players to do same using different surfaces of foot. Progress to then dribbling in area using all surfaces of foot.

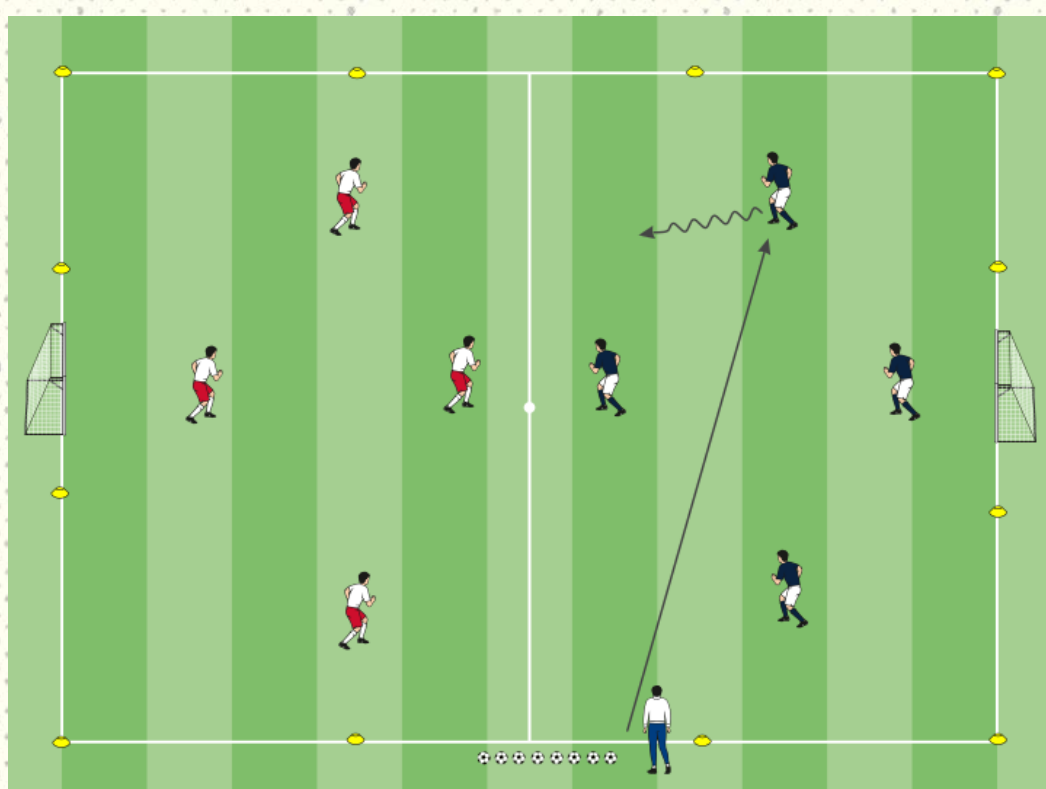
MORE CHALLENGING

Remove gate/s

Add defender to steal balls.

PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

20 x 30 yards

DESCRIPTION

Play 4v4 game
Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

MORE CHALLENGING

Make field smaller