

Dribbling Boxes Game Skill (15 mins)

SetUp

25x25 Area - 5 Boxes 3x3

Organization

Starting with 4 corners boxes, players must get from box to box to score a point. 3 Players start as defenders. Attackers are safe in each box. (*Must be moving taking little touches in the boxes not standing still). As soon as they see an opening they must dribble at speed to a new box.

Progressions

- 1) Can only score a point from two boxes of the same color - eg, blue to blue.
- 2) Add red box in the middle and a 4th defender in the box. Players can now score an extra point if dribble through red box.

Coaching Points

- Look to attack space off the dribble.
- Accelerating with the ball using a big first touch.
- Dribbling using laces, inside and outside of foot, roll the ball, fient etc.
- Knowing when to shield and keep the ball close under pressure.



Foundation stage - Dribbling



Dribbling Game skill (15 mins)

SetUp

30x40 field with 4 boxes

Organization

Game is played 2v1 in each box. 8 white players have a ball. The defenders must try to win the ball from the attackers. To score the attacking players must dribble to a different box. However, there cannot be more than two attackers in each box. Therefore, other attackers must be aware and trade places.

Progressions

Change defenders after a set period.

Coaching Points

Dribble with head up - awareness. Look to attack space off the dribble. Accelerating with the ball using a big first touch. Dribbling using all surfaces of the foot. Knowing when to shield and keep the ball close under pressure.



Dribble to goal (15 mins)

1 V 1 dribble to goal

Players are required to dribble and beat the opposing player to the goals

Must dribble through goal

If defender wins the ball they can then dribble to the opposite goal

Alternate balls from one side starting to the other

Progression

Time limit on the ball

2V2





Game

Dribbling For Attack

Duration - 20' - Half Grid

Objective - Improve the players ability to see a space to attack with a dribble

Organization:

- 4 v 4, 5v5 or add neutral as required (adjust numbers to fit)
- Each Team is set up in a Diamond Formation
- To Score, You must dribble into the final third attacking zone to score 2 points, single point for a ball passed
- Use Retreat/Offside lines to encourage movement and passing with a purpose

Coaching Points:

- Head up
- Recognize space to attack
- Pace
- Draw defenders, invite pressure to beat with the dribble.
- Does this open space for someone else or for you?

