

# A Simple Dribbling Warm-up Progression

## Faking Inside a Grid

### Setup:

- sing cones mark out a grid. Size depends on number of players; too big is better than too small.
- Have a supply of extra cones ready to put out on grid later.
- All players are inside the grid; each one has a ball.

### Sequence:

- To begin, the coach demonstrates the fake (e.g. step-over) so players have an idea of the movements involved.
- Afterwards, they spread out inside the grid and practice the fake step by step:
  - **Step 1:** Players position the ball and practice the fake from a standing position, executing the move with a stationary ball and then taking it to the side. They then stop the ball and repeat the fake.
    - For ease of execution, timing the fake while dribbling is not part of this step. Restricting players to make the basic movements makes it easier to identify mistakes and immediately correct them.
  - **Step 2:** After a short time, players start practicing the fake while dribbling at an easy pace. The coach helps those who are visibly having problems. Pick up the pace as players gain confidence.
  - **Step 3:** Players dribble around inside the grid, executing the fake and alternatives with both feet.
    - Players must practice alternatives to every fake they learn so they can dribble past opponents on both sides in match situations. In the case of the step-over, the alternatives are the double step-over and simply dribbling in the direction of the initial fake.
  - **Step 4:** Now put out extra cones on the grid. Players dribble around inside of grid and fake at the cones.
    - Variations for intense practice
      - The coach calls out a series of numbers between one and four; players fake as follows: 1=fake to left, 2= fake to right, 3=alternative to left, 4= alternative to right
      - Players fake to the left at red cones and to the right at orange cones.
  - **Step 5:** Replace cones with players (without balls). The dribbling players fake at the stationary players. While faking, the dribbling player has to say how many fingers the stationary player is holding up.
  - **Step 6:** Divide players into two teams. Team A's players start out as active defenders, Team B's players as attackers. Using the fake (or an alternative), the attackers try to get past the defenders and dribble to either corner of their end line (=one point). Afterwards, teams switch roles. Which team can score more points?

