



Dribbling

Category: Technical: Dribbling and RWB
Difficulty: Moderate

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Description

Ball Mastery Warm Up

Organization:

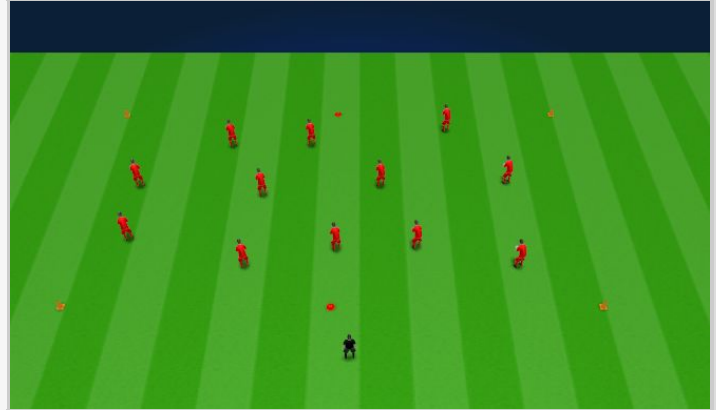
- Area approx. 20 x 15
- 12 Players
- 1 Ball per Player

Instructions:

- The coach gives the instructions for each technical skill

Coaching Points/Questions:

- Juggle (Juggle and catch for the beginner)
- Juggle with Right, left, inside, knee
- Dribble with laces, inside, sole
- Turns, pull back, drag back, Cruyff turn, Maradona, Matthews, Ronaldo chop
- Encourage them to experiment



Turn and dribble

Organization:

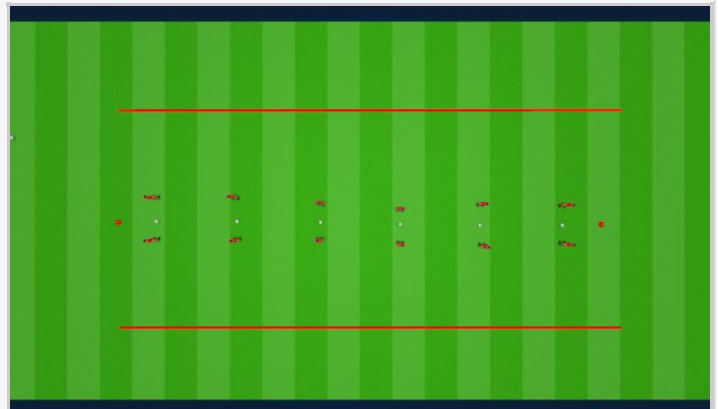
- 20 x 25
- 12 Players
- 1 ball per 2 players
- Balls in the middle, 10 yards from either side

Instructions:

- 2 players facing each other and 1 ball between them
- When the coach says go, the players attempt to gain control of the ball and dribble back to their own side

Coaching Points/Questions:

- Focus
- Reaction
- Keep the ball close when dribbling, one step one touch



Across the river

Organization:

- 30 x 20 (5 yards for each bank, 20 yards for the river)
- 12 Players (9 Offense and 3 defenders)

Instructions:

- Dribble across the River
- If the defender steal the ball of offense player become offense and the offense defender
- 1 point for each time across
- 3 points for each steal
- 2 minutes per round

Coaching Points/Questions:

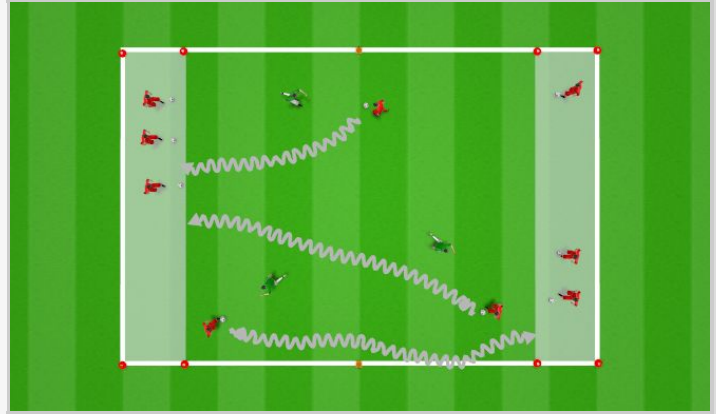
- Keep the ball close to the body when you dribble
- Head up when you dribble
- Small touches

Progressions:

- More defenders

Regressions:

- Less defenders



Scrimmage

Organization:

- 40 x 30
- 6 v 6

Instructions:

- Free Match
- 2 x 10 minute halves

Coaching Points/Questions:

- More dribbling

