



GRP Session- Dribbling

Category: Technical: Ball Control
Difficulty: Beginner

LJ Johnson, Gilbert, United States of America
Individual-Young Member

King/Queen of the Ring (10 mins)

Dribbling/Shielding Warm Up

Organization:

- All players have a ball each and are placed in a circle approx 15m in diameter.

Procedure:

- Players dribble their ball ensuring that the ball is always moving. On coaches command all players keep their own under control while attempting to kick other players balls out of the circle. If a players ball is kicked from the circle, they can return after 10 toe taps.

NOTE: If children are too young to understand, have the parents play as well. This can help the children understand how to play the game as they will be imitating their parents movements.

Emphasis: Movement skills and dribbling

Additional Notes: Make sure to adapt to the level of play of the players at your field. Each child understand things differently



Germes (10 mins)

Organization

- 20 x 20 area

- All attacking players begin on the end line

- Defending players begin in the middle of the area

Activity

- The players on the end line have to run past the player in the middle without being tagged

- If you are tagged you join hands with the player in the centre and attempt to help tag other players.

- The last free player is the winner.

Progression

- Add the ball and the defenders now have to knock the ball out of the area

Coaches Emphasis

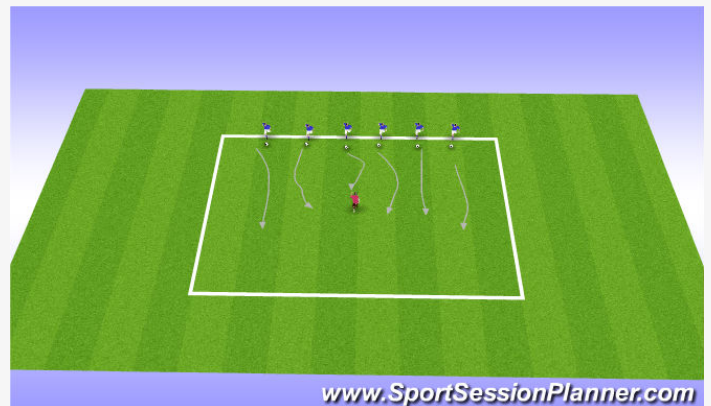
- Isolate one player

- Changing direction and speeds

- Awareness of players and space

- FUN

- General Physical Literacy



Four Box Warm Up

Organization

- Create 4 12x12 boxes

- Place an equal number of players in each box

Activity Box 1

- All players start in a corner of the box facing the cone placed in the centre of the area.

- All players have a ball each

- Players will dribble in to the cone and use different turns to change direction back to where they started

- Players will be given a different turn to attempt every 1-2 minutes

Activity Box 2

- Working with one ball in the box the players will pass between themselves attempting to combine with team mates with different combinations

- Underlaps, overlaps, 3rd man runs and 1-2's will all be used, along with any other creativity the players are able to come up with.

Activity Box 3

- The players have one ball in the square with 3-4 players

- One player starts with the ball in their hands and will feed it to another player

- The receiving player will volley to another team mates within the square

- All players in the area should continue to keep moving throughout.



- To progress this activity we could ask the receiving player to receive with one body part and pass with another

Activity Box 4

- 4 Players start in a square shape with two players without the ball facing two players with the ball
- The players with the ball will play to the players without who will return two touch
- The players without will then switch positions before receiving the ball from the opposite server and once again returning in two touch
- The players without the ball will continue to switch positions for a minute before trading spots with the servers.
- To progress this exercise make the return pass 1 touch

Coaches emphasis

- Encourage self reflection and peer evaluation
- Set competition amongst the group to add a basic pressure to the exercises
- Highlight small technical details in all four boxes

Mirrors (15 mins)

Organization

- 30 x 30 area
- Set up pairs of gates on the outside of the area with the gate around 3 yards apart
- Players set up in between the two gates with one either side of the line, players facing each other

Activity

- Players begin by shaking hands
- The player on the outside of the square then attempts to get through either gate without the inside player tagging them. (No ball)
- The defending player can only tag when inside one of the gates and they cannot cross over the central line
- Let the players switch after each go and continue the activity for 2-3 minutes

Progression

- The ball is now added and the players on the outside are attempting to create the space to pass through one of the gates
- The defenders are now attempting to block the pass through the gates

Progression

- The attackers now can pass through the gate for one point or they can attempt to dribble through the gate and in to the central square before putting their foot on the ball for 5 points
- The defender is now trying to block the pass or the dribble through. If they can defend the attacker and win the ball before they get to the central square and in turn get to the square themselves then they are able to get the 5 points.

Coaches Emphasis

- Keep the ball moving
- Changes of speed and direction
- Sell the fake
- Drop shoulders and use hips to fool defender
- Use body to protect the ball when necessary



Final Game

Final Game

Let the players play

