



U11/12 Dribbling and Control

Category: Technical: Ball Control

Difficulty: Moderate

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Warm Up Ball Mastery

Organization:

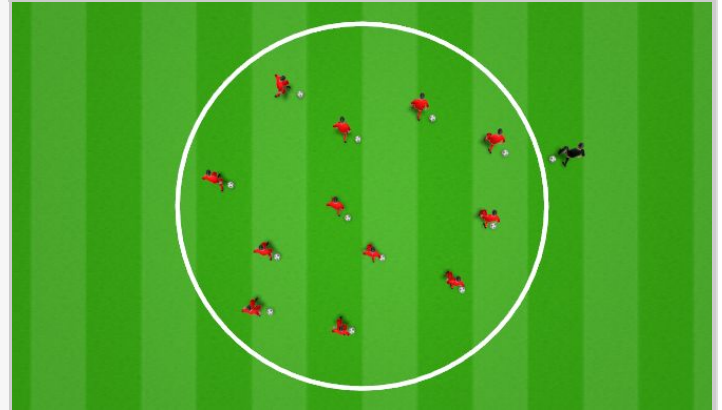
- Circle 20 ya (Soccer field circle)
- 12 players
- 1 ball per player

Instructions:

- Player dribble and juggle following the instruction of the coach
- (juggling , dribbling whit laces, sole, inside , both feet etc...)
- Stay inside the circle

Coaching Points/Questions:

- Small touches , keep ball close
- Head up , don't run into each other
- On instruction leave your ball and take another one



Dribbling Arena

Organization:

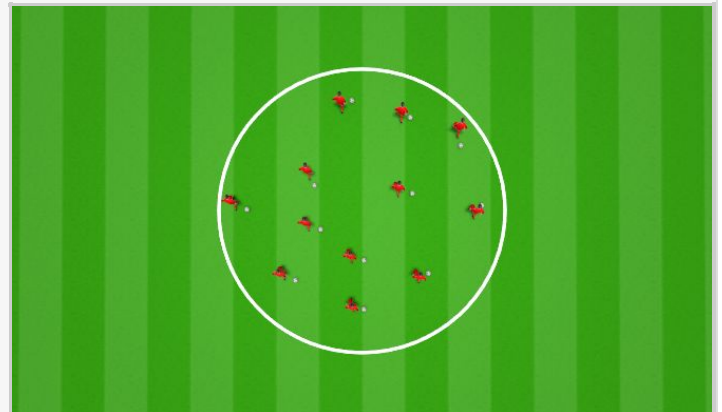
- Circle 20 ya (Center circle size)
- 12 players
- 1 ball per player

Instructions:

- Player dribbles and tries to steal a ball at the same time (1st protect your ball, 2nd try to steal a ball)
- Everybody start with 5 points
- Steal a ball +1 point
- Lose a ball -1point

Coaching Points/Questions:

- Small touches, keep ball close.
- Keep your head up, identify space.
- Use your body when you protect ball



Organization:

- 2 fields 10x15
- 3 vs 3
- 2 small goals (Pugg goals of cones)

Instructions:

- 4 Teams tournament
- 6 minute per game
- Who have the most points win

Coaching Points/Questions:

- The maximum amount of dribbling!
- Free touches - Let them be expressive
- Player dribbles in from any stoppage, goal kick, throw in, corner kick etc.

**Scrimmage****Organization:**

- 30 x 20
- 6 vs 6
- 2 goals (Use cones, make larger than Pugg goals)

Coaching Points/Questions:

- Encourage the maximum amount of dribbling
- Free game
- Let them play without instruction

