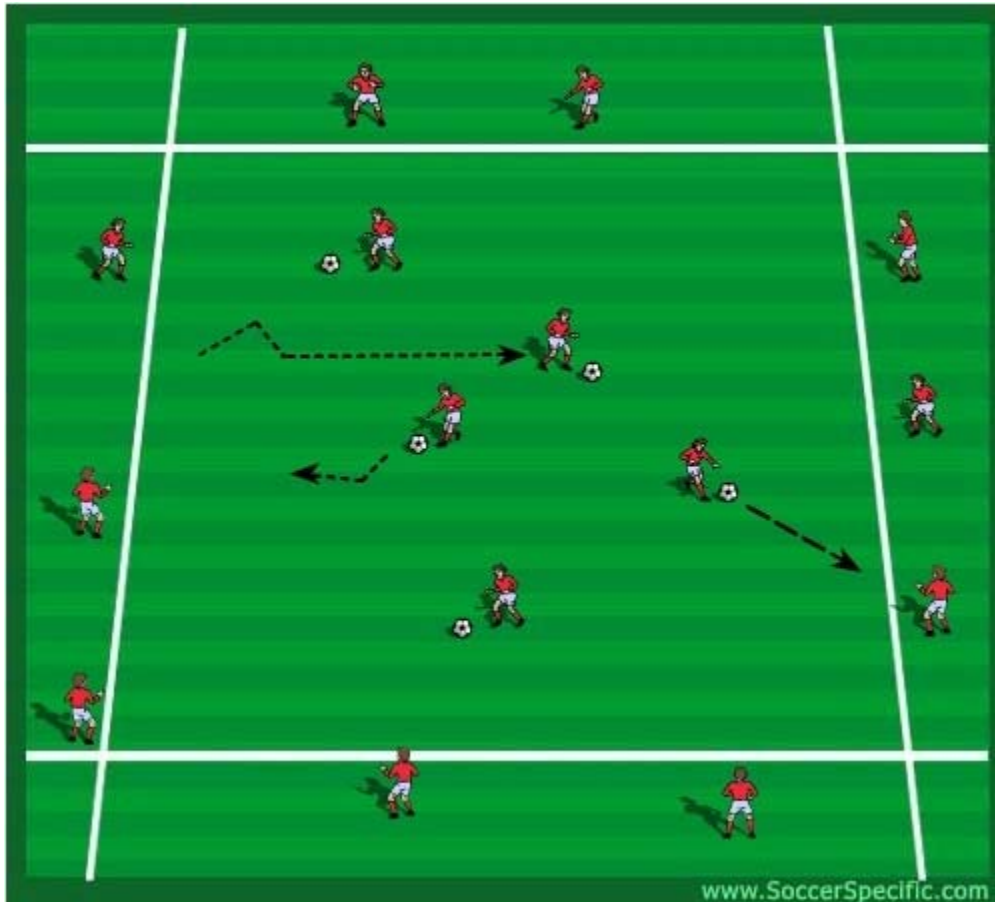


Topic: Improving Dribbling Skills. By Greg Maas, State Technical Director, Utah Youth Soccer Association and SoccerSpecific.com.

Activity #1: 30 x 30 area or as needed. 15 players with 5 balls. Five players begin inside the area, with one ball each. The remaining players are positioned around the perimeter of the area.

Emphasis: Warm-up, dribbling, passing, and moving.



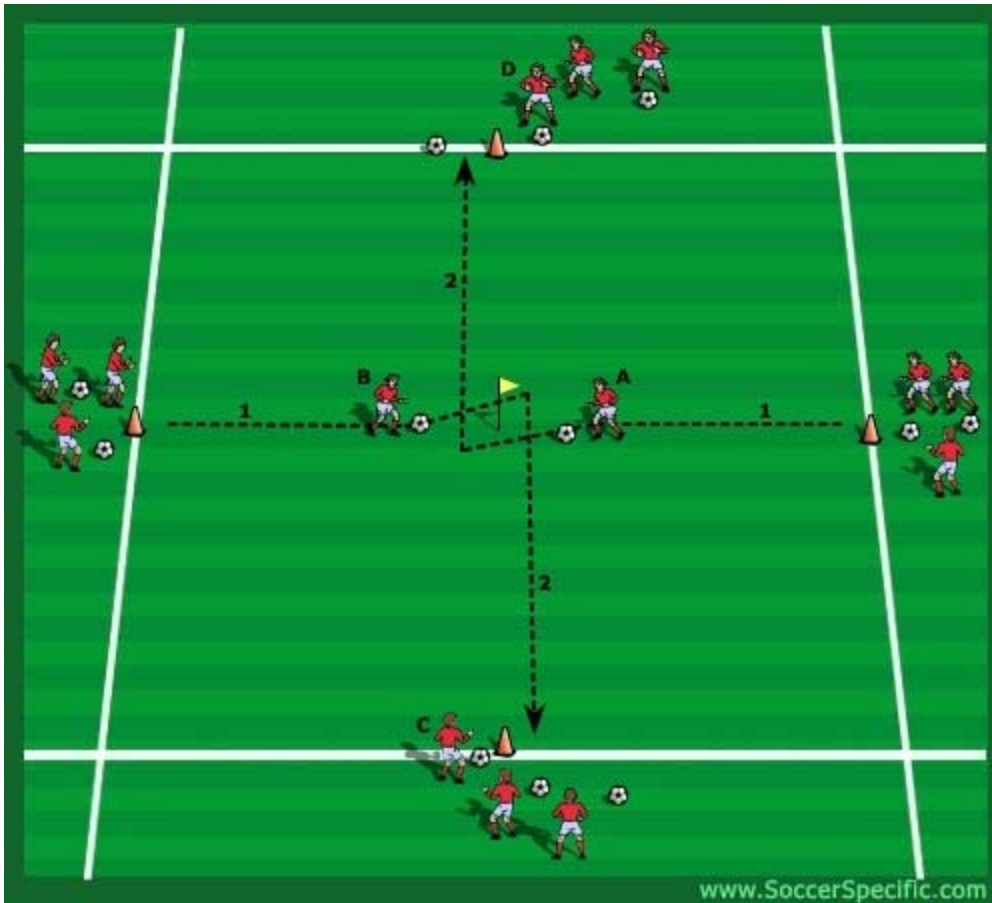
Objective: The five players inside the area dribble the ball across the grid before passing the ball to one of the outside players. The outside player then receives the ball before repeating the sequence. Note: players must not run straight across the area, they must first perform a quick change of direction and speed (i.e., Coerver moves).

Coaching Points:

- On receiving the ball players must take first touch in the direction they want to go.
- Keep eyes up to scan the field.
- Encourage changes of speed and direction.

Activity #2: 4 cones placed as shown below with a flag in the middle. Players are split into 4 groups and positioned at the cones. Approximately 3-4 balls per group.

Emphasis: Dribbling at speed, change of direction, and passing.



Objective: Players (A) and (B) dribble towards the flag (1) at speed. Approximately 1 yard from the flag both players perform a designated move, take the ball to the left of the flag and take a sharp right turn. They then continue to dribble (2) to the group to the right. Upon reaching the other group players (C) and (D) repeat the sequence. Sequence keeps going for a designated time or number of repetitions. Alternate directions – Go to the right of the flag and take a sharp left turn.

Progressions: Only use 2 balls for the entire group. After turning around the flag the ball is passed to the next player in line.

Coaching Points:

- Accelerate off the line towards flag.
- Communicate with partner to ensure leaving the starting cone at the same time.
- Sharp turns around flag and accelerate again out of the turn.

Activity #3: Two 15 x 20 yard areas or as needed. Six players are positioned inside the area with one ball. Players are divided to create a 3v3 situation. Cones are placed to create two mini goals at each end of the area as shown. A supply of balls is placed around the perimeter of the area. Repeat setup to accommodate entire team.

Emphasis: Dribbling for possession and penetration.



Objective: Players compete for possession of the ball. Goals are scored by dribbling through either of the opposition mini goals. Players must dribble through the mini goal in full control of the ball for a goal to be awarded. If the ball leaves the playing area, players must find the nearest ball and dribble into the grid to continue the game. Play is for a designated period of time or for a predetermined number of goals.

Progression: Two goals are awarded for successfully beating an opponent prior to dribbling through the mini goal.

Coaching Points:

- Encourage players to take chances in 1v1 situations.
- Vision - eyes up at all times to scan the playing area.
- Be deceptive while attempting to beat an opponent.
- Change of pace – burst through the mini goal.
- Penetrate at earliest opportunity.

Activity #4: 30 x 40 yard area. Twelve players are positioned inside the area with one ball. Players are divided to create a 6v6 situation. Cones are placed to create four mini goals at each end of the area as shown. A supply of balls is placed around the perimeter of the area. Repeat setup to accommodate entire team.

Emphasis: Dribbling for possession and penetration – small sided game.



Objective: Players compete for possession of the ball. Goals are scored by dribbling through any of the opposition mini goals. Players must dribble through the mini goal in full control of the ball for a goal to be awarded. If the ball leaves the playing area, players must find the nearest ball and dribble into the grid to continue the game. Play is for a designated period of time or for a predetermined number of goals. In the above diagram player (A) passes to player (B). Player (B) is in a 1v1 situation and successfully dribbles past defender (C). Player (B) accelerates and scores through the mini goal.

Progression: Two goals are awarded for successfully beating an opponent prior to dribbling through the gate.

Coaching Points:

- Encourage players to take chances in 1v1 situations.
- Pass the ball around until 1v1 situations arise.
- Vision - eyes up at all times to scan the playing area.
- Be deceptive while attempting to beat an opponent.
- Change of pace – burst through the mini goal.
- Penetrate at earliest opportunity.

Activity #5 – Final Game: 55 x 44 yard area or as needed. Three zones are created using flags. Five gates are created using cones as shown. An 8v8 is organized in the playing area with both teams arranged in 3:3:2 formations.



Objective: 15 minutes – both teams compete for possession of the ball. Players are positioned in each of the thirds of the field as shown. Players score by dribbling over the opponents' end line or by dribbling through any of the five gates located in the playing area. Players can only leave their third of the field by dribbling forward. The diagram illustrates player (A) receiving a pass, beating his marker and dribbling into the next third of the field.

Coaching Points:

- Encourage dribbling in all areas.
- Spread out side-to-side and end-to-end.
- Spread immediately when goalkeeper receives the ball.
- Attack at pace.
- Create 1v1 situations by moving away from the player in possession.

Activity #6: Players perform dynamic movements and static stretching, focusing on major muscle groups. Heart rate is reduced. Review session.