

WEEK 5: Dribbling (2)

- **Key teaching points:** Review dribbling techniques; inside/laces of foot, head up (“on a swivel”- always looking around)
 - **Let players know what they will be learning + what’s expected of them today!**

Warm Up: Ball Skills (5-7 minutes)

- Return to basic drills of dribbling in the square obeying coach’s commands. Coach can mix things up according to the ability level of the team. Players should really be used to the drill by now and will be having more success which is good for their confidence. Make a game of seeing who can remember all the different commands you have used up to this point. Remember to do the two fast footwork drills as well.
- If you’d like- you can incorporate balancing, running, walking, bending, twisting, changing direction, skipping, hopping, high knees throughout the warm up

Activity #1: FOUR CORNER DRILL (10-15 minutes)



Purpose: To develop the player’s ability to dribble at speed.

Setup: Use the four corner drill diagrammed above.

How to play: Players should dribble all the way to the cone and leave the ball for the next player to dribble. Go to the end of the line that you dribbled to. Use two balls to get more players involved.

Emphasis:

1. Keep your eyes up
2. Accelerate when you get the ball
3. Dribble close to your body

WATER BREAK

Activity #2: Mash-Up Derby (15 min)

Purpose: To develop a player's ability to dribble in traffic at speed.

Setup: Setup many little goals all around half of the field. Goals should be about three feet wide.

How to play: When the coach says, "go" the players try to dribble through as many goals as possible in a minute. They cannot dribble through the same goal twice, unless they have already dribbled through every goal once. Players should work a minute then rest a minute. See diagram below.

Emphasis:

1. Keep control
2. Accelerate into space
3. Look for open area



WATER BREAK!

Scrimmage: 15-20 minutes (Water break mid-way through)

- ✓ Begin to emphasizing on spacing, moving without the ball
 - ✓ Players should begin to understand its more effective to spread the field, creating space, than to bunch up close together
 - Emphasize on passing techniques throughout a live game
 - *Good time to teach the rules of the game*
 - Organize teams similar to how their games are (3v3, **5v5**)
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- **Team chant, shout outs: under 2 minutes**