

# Dribbling

**Coaching Points:** Control of ball and body, Head up (awareness), Bent knees (balance), change of direction, feints, change of pace, Body between ball and opponent (shielding), Sideways stance of body (shielding), Use of arms for balance and to make space, Bravery!

**Dribbling topics:** For possession, to beat an opponent, speed dribbling (running w/ball)

## Warm-up (Fundamental)

Players all have a ball inside a grid. They are instructed to dribble around inside the grid. 1) Watch one player who makes a move, feint, etc. then everyone performs that move. 2) Players dribble to outside of grid, make a move then dribble back inside grid 3) Players on command leave ball and go get a new one. Have players work on making a feint before dribbling a new ball.



## Match Related (1v1)

1v1 Battles-Dribbling for possession

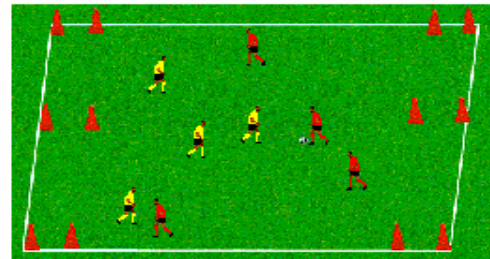
Players match up with someone and have a ball. Half of the groups are playing 1v1, the other half of the group are “human gates”. Players that are playing play 1v1 against a partner and get a point everytime they dribble between a human goal. After a minute, players who were playing now become a “human goal” and “human goals” play 1v1.



## Match Related (4v4)

4v4-Endzone Game

Two teams of 4v4. Each team has to dribble their r ball to an end zone under control. Ball cannot be passed into end zone. Players are allowed to dribble out of bounds, but have 3 seconds to get back on and must dribble ball back in-not pass the ball in. Players may only enter end zone from inbounds. The twist with allowing the ball to be dribbled out of bounds is to give them the option of keeping the ball if only for a few seconds.



## Match Condition (4v4w/gk's)

4v4 to goals

Play the game 4v4 with goalkeepers. Could impose a restriction if needed to encourage dribbling, and then let them play.