



Dribbling for rec

Category: Functional: Defender

Difficulty: Beginner

Am-Club: TSF Academy
Darron Collins, pine brook, United States of America

Description

Warm up

Organization

- * Cone out circle the coach can adjust the size to fit the amount of players.
- * All players must have a Ball

Instructions

- * Players must dribble around the circle using In/Outside of the foot.
- * The coach will give the players a number of skills (Drop-Shoulder/Scissors) and Turns (L-Turn, In/Outside Hook)
- * Last min let the players show off there skills by doing any skill/turn they want.
- * Emphasize on the importance's of keeping the ball close and there heads up when dribbling with the ball.

Key Points

- * Can the close to feet
- * Use both feet
- * Use in/outside and Laces
- * Head up



Exercise 1

Organization

- * Coned out a Circle the size of the center circle
- * 7 balls
- * 2 teams (7red-3Blue)
- * Pug goal in center of Circle

Instructions

- * 7 players start with the ball and 3 players without the ball
- * Players with the balls will dribble the ball around the circle and look to score in the goal in the center. The players with out the ball must look to win the ball from the players with the ball.
- * If the defending players win the ball the attacking player must then dribble the ball around the outside of the circle then come back into play.
- * The winner will be the player that has scored the most goals or the player that has lost the ball the least amount of times in 2 min
- * After the game is over change the defending players.

Progression

- * Make circle smaller
- * Add in second pug goal
- * Add more defenders

Key points

- * Can the player keep the ball close and under control
- * Can the player use Laces, In/Outside of the foot and Sole of the foot.
- * Can the player keep there head up looking for space and other players.



Exercise 2

Organization

- * 2 goals
- * 2 teams
- * 2 cones
- * 10/12 balls
- * Field 30x20 (change size if needed)

Instructions

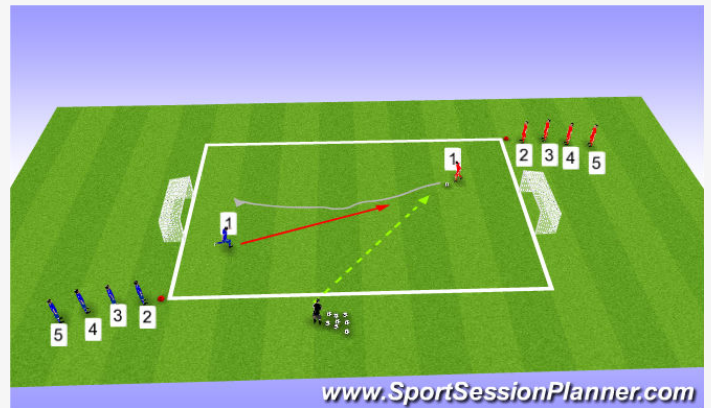
- * Split players in to two teams and number each team 1-5.
- * Line players up in number like shown on opposite sides of the field.
- * The coach will have all the balls next to him on the half way line.
- * The coach will shout a number then pass the ball to one side (alternate the side for each ball)
- * Player with the ball must dribble past the opposing player and score. If the defending player wins the ball then the roles are reversed and he must then look to score in the opposing teams goal.
- * When the ball is out of play the players go back to there side and then the next number is called

Progression

- * Limit the time the player has to score
- * Player must perform a skill to pass the player.
- * Coach can shout out multiple numbers

Key points

- * Can the player keep the ball close when dribbling up the field
- * Does the player use there laces when dribbling
- * Does the player keep there head up when Dribbling up the field
- * Can the the player Change pace when moving forward whilst keeping control of the ball



Scrimmage

Organization

- * 2 teams
- * 2 goals
- * 1 ball

Progression

- * Add a neutral player for more success

Key points

- * Can the players show all the key points from the practice in the final game.
- * Decision making from the player when to dribble and when to make a pass.
- * Decision making when to dribble and when to pass.

