



Dribbling

Category: Technical: Dribbling and RWB

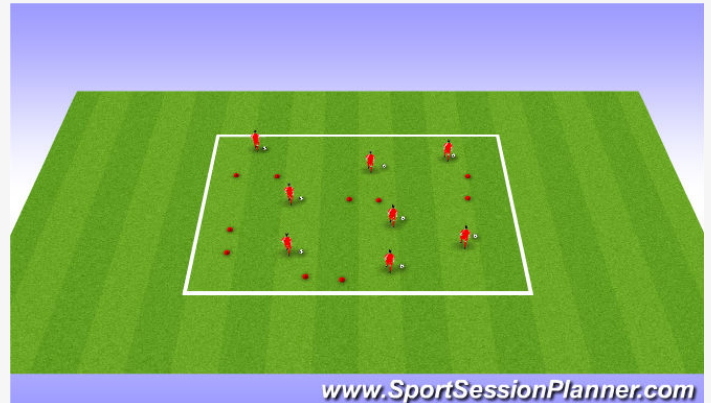
Difficulty: Beginner

Am-Club: F.C. Stars
FC Stars Worcester, bolton, United States of America

Screen 1

Juggle for 10 Mins-

15 Mins- Each player has a ball and two cones 2 yards apart.
Players practice figure of 8s. 1 min Any part of foot- 1 min left foot only- 1 min right foot only- 1 min sole of foot only
Players dribble around grid doing figure of 8s at different sets of cones. Have a competition how many gates can a player do in 1 min? Repeat with left only, right foot only
Make sure players look up between touches



Screen 2

Set Up - 20 Mins- 15 x 15 grid with 3/4 gates, 1 ball. Players score by dribbling through a gate. Make it a competition 1st to.....

Coaching Points

- . Look up between touches
- . Tight touches change direction and speed

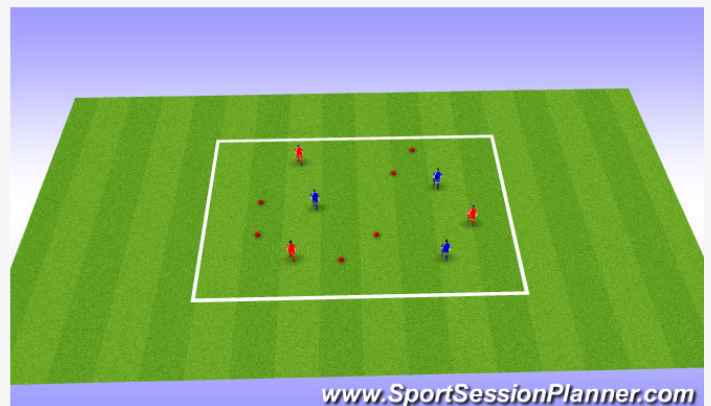
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Progressions

- . Do a turn through the gate to score

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Screen 3

Set Up - Play 3 v 3 to endzones then progress to 3 v 3 to goals. Players score by dribbling into the endzone. Play 5 min games and see who wins

Coaching Points

- . When 1 v 1 attack on the dribble and use a fake to beat player to get in the endzone
- . Look before receive
- . Be creative

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Progressions

- . Go to goals

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