



Heads Up Dribbling

Category: Technical: Dribbling and RWB

Difficulty: Beginner

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

Heads up Dribbling (25 mins)

Set Up - 20x20yd box or 30x30yd depending on numbers

-Each player needs a ball

-Players dribble around the box using(both feet, right only, left only, in-steps only, outside touch only)

-Coach walks around box with 2 different colored cones, holding one up at a time

-Players must pick heads up to call out color as the coach holds it up.

Coaching Points

.Encourage good touches on the dribble

.Make sure players arent dribbling in a circle, have them change direction to cause chaos

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Progressions

.Start applying moves (scissors, step overs, sole rolls, pull backs, etc)

.Coach can choose to hold cones or not depending on skill of group

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