



U7 - U9 Ball Mastery: Dribbling

Category: Technical: Coerver/Individual Skills
Difficulty: Advanced

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Description

U7 - U9 Ball Mastery: Dribbling

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Organisation:

Area - 4m x 4m

2 players with a ball each start diagonally opposite each other on the outside of the square

On the signal from coach both players dribble their ball around the square attempting to catch other player

This allows the development of running with the ball quickly whilst under control

It involves gross and fine motor skills as well as introducing an assessing and tactical element

Possible Progressions:

Change the shape of the organisation

Allow each player one or more opportunities to cut across a side to catch other player

Coaching Points:

Smaller lighter touches around corners then accelerate out with heavier, larger touch

Work clockwise and anti-clockwise

Each player has two opportunities to turn to catch player (think tactically)



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Organisation:

Players start at an equal distance away from each other

Both players attempt to navigate the cones trying to catch one another

Both players have two opportunities to reverse the direction of play to catch partner (tactical challenge) within the defined period of time for practice

Possible Progression:

Change shape of the organisation

Coaching Points:

Smaller, lighter touches around cones before taking a slightly heavier touch to accelerate in straight lines

Keep head up

Use both feet and all parts of the foot to dribble the ball

Work clockwise and anti-clockwise



U7 - U9 Ball Mastery: Dribbling

Organisation:

Area - 4m x 4m

3 players have balls on the outside of the grid with one tagger in the middle

Players attempt to dribble across or to an adjacent side of the square trying to avoid being tagged

Getting across gains 2 points where going to the adjacent side gains 1 point

Being tagged 3 times means that player is the new tagger

Possible Progressions:

Condition practice so that only one player can be on one side at any given time, this will increase the need for movement and the evaluation of position (player, team mates and central opposition)

Introduce a supporting player in the middle who players combine with to cross the square

Engage the player in the middle; now tries to dispossess players. This should involve shielding and protecting the ball

Coaching Points:



Varied strength of contact on the ball depending on availability of space to move into

Ability to use both feet

The ability to reverse or change direction quickly if confronted by an opponent

Looking up to assess the situation and exploiting opportunities when they open up

Making moves when the player in the middle is in a disadvantaged position

Assessing risk, making moves which give a high scoring tariff at the correct time