



U7 - U9 Ball Mastery: Dribbling

Category: Technical: Dribbling and RWB
Difficulty: Advanced

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Description

U7 - U9 Ball Mastery: Dribbling

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Organisation:

Players are split into two groups, one at each end of the course.
Each player has a ball

Dribble through the cones varying the skill depending on coach instructions

At the end of the cones take a positive touch out of your feet and strike at goal

Collect ball and join other line

Possible Constraints:

Inside of the feet

Outside of the feet

Right foot only

Left foot only

Alternate between inside and out of foot

Sole of the foot only

Coaching Points:

Relax on the ball and go at a comfortable pace

Demonstrate positive attitude to learning at all times

Make sure demonstrations are good in quality but slow in pace

Positive at all times as this is a crucial stage of learning for players developing a positive relationship with the ball

Players should demonstrate only the skills being developed at each point



U7 - U9 Ball Mastery: Dribbling

Organisation:

Players are split into pairs

Players take it in turns to dribble their ball through as many gates as they can in 30 seconds

Each pair are competing against each other

Possible Progression:

Dribble through the gate, perform a turn and come back through the same gate

Coaching Points:

Demonstrate good technique at all times

Keep head up always look to move into space towards an empty gate

Lots of small touches keeping the ball close to the body

Use every part of the foot to control and move the ball around the grid



U7 - U9 Ball Mastery: Dribbling

Organisation:

Area - 25m x 25m

Players are divided into pairs each with a ball

One player leads as the other follows by copying their actions as they dribble around the area

All players react to the coaches commands;

"Switch" - Change the leader

"Find" - Find a new partner

Turn - Perform a specific turn with the ball

"Go!" - Player in front must try and get as far away from the following player by increasing their speed as they travel with the ball

Coaching Points:

Lots of small touches on the ball keeping it close to the body

Keep head up and always look to move into space



Use all parts of the foot, including the sole
Be aware of the whole area and avoid running in circles

Possible Turns:

Drag back
Inside hook
Outside hook
V cut
Cruyff
Maradona

U7 - U9 Ball Mastery: Dribbling

Organisation:

Area - 25m x 25m

Each player has a ball and dribbles around the map (area)

The coach has the compass and has the job of guiding the players to the World Cup

The coach shouts a direction and the players must dribble to that line perform a turn and then continue travelling around the area
Eg. "North"

The coach can add commands while inside the area the perform various skills, trick or flicks if they have been previously coached

Eg. "Step over" or "Neymar's out2in"

Possible Progression:

Add competition by creating a fun forfeit (Eg. Toe Taps) for the last person to reach the destination and perform a turn

Further competition could be a knock out game where if your last to the destination you are out.

Coaching Points:

Lots of small touches keeping ball close to the body

Encourage lots of changing of direction inside the area

Keep head up at all times and look to always move into space

No walking, always on toes even if cannot perform at a jog or run yet

Demonstrate good technical skill at all times



U7 - U9 Ball Mastery: Dribbling

Organisation:

Area - 25m x 25m

Players are split into two teams and line up at opposite ends of the area as shown

When the coach shouts "go" they must run around either the red or blue cones depending on their team

The first player into the area will receive a ball from the coach and look to dribble at the now defending other player

If the ball goes out or the game lasts longer than 20 seconds then both players return to their line and another two start

Coach keeps track of scores

Coaching Points:

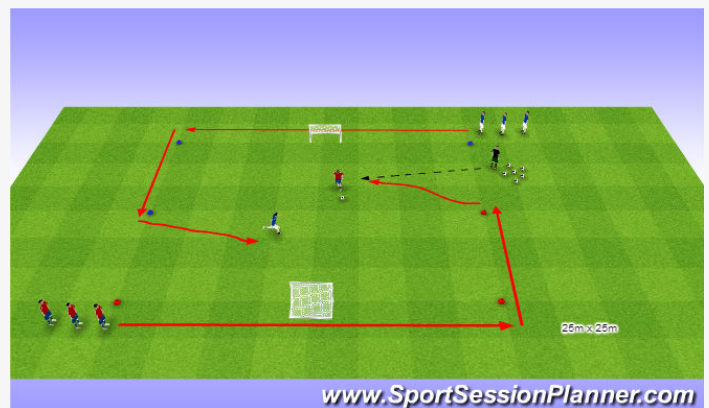
Be aware of where the other player is when running, release early whether you will be attacking or defending

Demonstrate good technical ability on the ball at all times

Lots of small touches keeping the ball close the body

Demonstrate a positive attitude to keep control of the ball, beat an opponent and score a goal

Be creative and imaginative using skills, trick and flicks to beat an opponent



U7 - U9 Ball Mastery: Dribbling

Organisation:

Players play 1 v 1 against each other

One player plays the attacking player the other the defender

The defending player starts with the ball and passes it back and forth

The attacking player can decide to turn to the right or the left with the ball at any time and dribble the ball across the blue cones and then shoot at the goal

The defending player must go through the opposite gate and attempt to get back and make a tackle

Coaching Points:

Demonstrate a positive attitude for running with the ball

All players should want to score

Defending players must get goal side before making a challenge for the ball

Keep the ball under control

Demonstrate good technical ability on the ball at all times



U7 - U9 Ball Mastery: Dribbling

Organisation:

1 v 1

The defender passes the ball across to the attacker and runs to defend

The attacker must show disguise and attempt to dribble through one of the side gates.

The defender and attacker rotate roles for the next game

Coaching Points:

Keep the ball close by using lots of small touches

Use all parts of the foot to control and move the ball

Use disguise to fool the defender over which gate the attacker is going to

Encourage various feints, trick and flicks; Eg. Drop the shoulder or Step over

Keep head up when dribbling

Encourage defenders to make a challenge for the ball

