



Academy- Dribble and Change Direction

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Warm Up (15 mins)

Organization:

Set up a 20 x 20 grid. Each player has a Soccer Ball.

Check In from Last Week:

Have players start dribbling around trying to avoid the cones. See if players are trying to dribble with their laces like we worked on last week. After a minute or two go into the rest of the activity.

Instructions:

All players dribble within the box trying to avoid the cones. Players dribble around the box until the coach calls out a color. When the coach calls a color players must dribble to a cone with that color and perform the technical challenge. Once they complete the challenge they begin dribbling with their Messi touches again.

Challenges:

20 Toe Taps

20 inside instep touches

10 single leg hops on each foot

5 Ball hops

10 Laces to pull back on each foot

10 Jumping Jacks

Coaching Points:

-Everytime we dribble between the cones we should use our Messi (laces touches)



Changing Direction (15 mins)

Organization:

Set up a 20 x 20 grid. Each player has a Soccer Ball.

Instructions:

Players dribble around the area performing the change of direction technique described by the coach. Players dribble around the box until the coach calls out a color. When the coach calls a color players must dribble to a cone with that color and perform the change of direction technique at the cone. Continue dribbling with proper Messi technique until the next color is called.

Change of Direction Techniques:

1. Stop and Go- this is a straight move, but it recaps the move from last week

2. Inside touch going at the cone using inside of the foot- add a little shoulder fake

3. Outside touch going at the cone using outside of the foot- add a little shoulder fake

4. Pull back

Coaching Points:

- Everytime we dribble between the cones we should use our Messi (laces touches)

- Using the proper technique to change direction

- Keeping our head up so we don't run into our teammates

Progression

1. Coach calls two colors that players will perform any change of direction technique that we went over. This will allow players to decide what directions they want to go. Add up to four consecutive colors.

2. Allow a player to create a sequence with a color and change of direction technique. ie blue cone-pull back to red cone-inside touch around the cone.

Coaching Points

- Having our head up so we know what cones to go to

- Encourage going backwards with a pull back as well as side to side going around the cones



Cone Pick Up (15 mins)

Set up

Set up a 20 x 20 square with a smaller 5x5 grid inside. Scatter cones in the 5x5 area. We have 4 teams who all have a home on one of the 4 sides of the larger. On coach's call, 1 player per team will leave their home to get a cone from the middle. The next player can go when the player in front of them returns home. The team that collects the most cones in set time period will win the game.

Progression:

Have players dribble to the middle 5x5 grid, pick up a cone, then they must dribble to the line to their right. The next player cannot go until the player from the left goes through the grid, picks up a cone, and gets to the line to the right. There should only ever be 4 kids going at a time. See how fast all cones can be removed from the middle. In this case they are all working as a team and working for time. After a few rounds switch the direction so kids have to go out the left side of the 5x5 grid.

Coaching Points:

- Keeping our Head Up
- Using the inside or outside of our foot to change direction and exit out the side of the 5x5 grid
- Messi touches to get to the 5x5 grid in the middle.

Coaching Points:

- What technique can we use to turn back once we grab a cone? Pull back? Inside the foot? Outside the foot?



Dribble Relay (10 mins)

Set Up

See picture for details.

2 teams

The first player will dribble around their cones using appropriate Messi technique in between the cones and change of direction technique to get around the cones. When they get back to the beginning the next player can go. First team that gets through 2x wins. Play 2-3 rounds then switch sides so players are working on changing direction on the opposite side.



Dribble Races to Goal (10 mins)

Set Up

See picture for details

2 Teams

Instructions

One player on each team dribbles around the cones using appropriate technique then tries to dribble through the goal. Next players don't go until the coach tells them to.

Progression

1. Have players only turn around the cones with the inside of their foot
2. Have players only turn around the cones with the outside of their foot
3. Have players turn only with a pull back

Coaching Points:

- Keeping the ball close through the cones
- Keeping the ball close when we get to goal instead of passing it through
- Using our Messi touches

