



Description

Gate Dribbling (15 mins)

Set Up

20x20 area

10-12 2 yard gates scattered around

Gate Dribbling

1.) Dribble through the gates using 'Messi' touches (pinky toe touches) 1-2 minutes. Make sure proper technique is used.

2) Only use your right foot

3) Only use your left foot

4.) Dribble through as many gates as possible in 30 seconds while keeping the ball close and only using 'Messi' touches. Complete multiple rounds asking players to beat their personal high score.

5.) Stop start everytime a player gets to a gate. Players should stop the ball using the sole of their foot and then have a positive 'Messi' touch. 1-2 Minutes

6) Only using their right foot

7) Only using their left foot

8.) Same as #4 but with the start stop

9.) Players perform a pull back at each gate. Do not allow players to just go back and forth between two gates the whole time. 1-2 minutes

10.) Same as #4 but with the pull back

Coaching Points

- Head Up so you don't run into anyone
- Using our laces, toe down to dribble quickly
- Proper technique



Gate Dribbling Continued (10 mins)

Set Up

Same as Gate Dribbling

Instructions

The next step is now we are going to work on using the inside and outside of the foot.

1) Players will go through the gate and perform a complete circle around one of the cones with the INSIDE of their foot. When using the inside of their right foot they should be going in a counterclockwise motion and when using the inside of their left they should be going in a clockwise motion around the cone. One circle around the cone then they go to the next gate.

Technique- Toe up, using the large surface on the inside of your foot, contacting the outside of the ball to get around the cone.

2) Only use your right foot

3) Only use your left foot

4) Same as before but now only using the outside of their foot.

Players using outside of their right should be going around the cone in a clockwise motion and players using the outside of their left should be going around in a counterclockwise motion.

Technique- toe up, contacting the ball with the middle part of the outside of your foot, contacting the side of inside of the ball

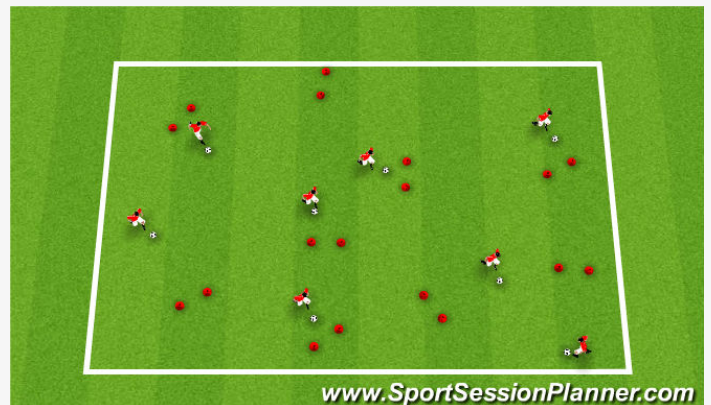
5) Only use your right foot

6) Only use your left foot

7) Challenge players to a figure 8 at each gate using the inside and the outside of their foot

Coaching points

- Messi touches in between gates
- Slow down and keep control of the ball getting around the cone



Gate Game (15 mins)

Set Up

Same

Instructions

Now take one player and make them a defender. Defenders will stay in for 1 minute and then rotate new defenders. Players are still trying to see how many gates they can dribble through in 1 minute. If the defender TAGS the player, that player must complete 10 inside the foot foundation touches before continuing to dribble. Each player should be a defender twice

Coaching Points

- use the whole space
- using all the different touches we just went over earlier
- Using our inside the foot, outside the foot, and pull back to get away from the defender
- correct technique dribbling



1v1 Shadow defender (15 mins)

Set Up

2 10x15 yard grids

4 teams of 2

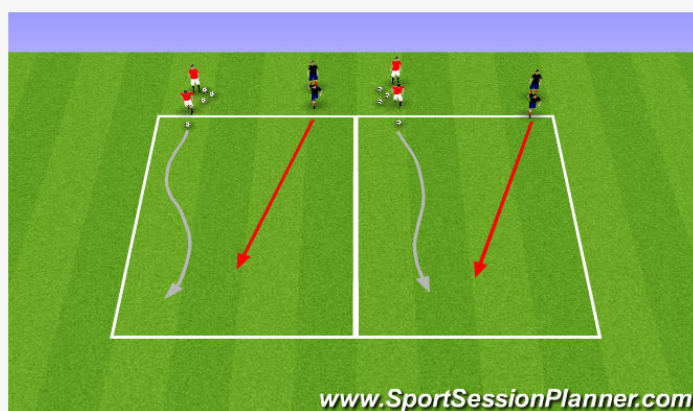
Instructions

Attacking players have a head start to dribble to the opposite end line. On the coaches command the defender can sprint back to try and reach the opposite endline before the attacker. If the attacking player gets to the opposite side and stops the ball on the line they get a point. The defender is only trying to get to the opposite end line before the attacker. DEFENDER IS NOT TRYING TO STEAL THE BALL. After 2 minutes switch so the defending team is the attacking team. After each team has played one round of offense and one round of defense switch so each team is playing someone new.

GIVE THE ATTACKING PLAYER PLENTY OF SPACE SO THEY HAVE A CLEAR ADVANTAGE TO SUCCEED!

Coaching Points

- Using Messi dribble
- Ball further out when we start and then keeping it close when we want to stop the ball on the line
- Fast but under control



Endzone Race

Any Remaining Time play this

Endzone Race

Organization

Players are divided into two teams. Players start in the middle with a ball at their feet. On the coaches command they must dribble around the cone, through their team's gate on the opposite side then stop the ball in the endzone. The next player can go when the person in front goes through their team's gate.

See how many times they can get through in 2 minutes. Play 2-3 rounds and see who can get the high score.

Coaching Points

- Messi Technique
- Using out inside or outside of the foot to change direction
- staying under control with the ball

Progression 1

Now instead of going through their gate on the dribble, players use a pull back at the gate then dribble to the endzone behind them.

