

DRIBBLING SESSIONS

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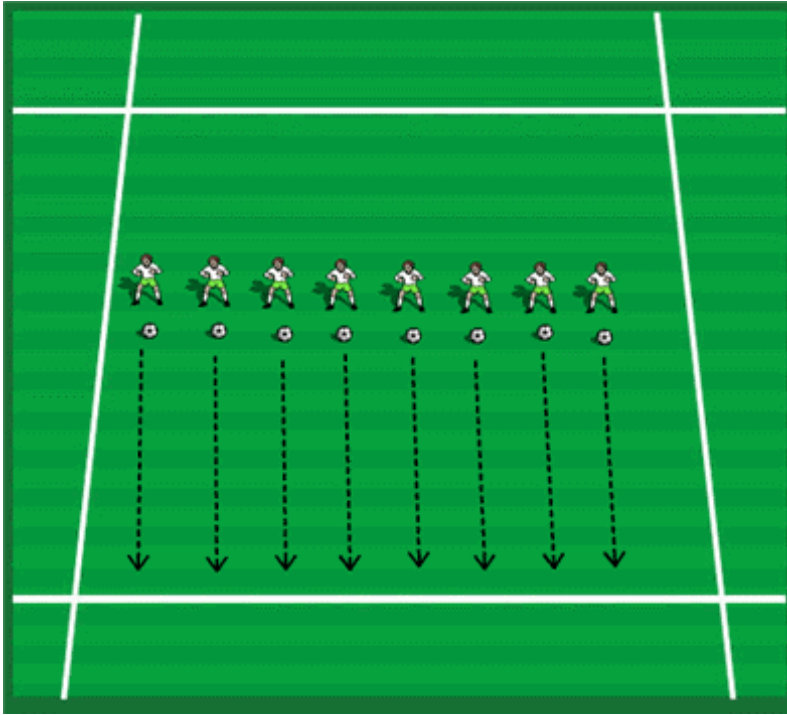
Session 31: Dribbling, Turning And Passing In Fours

For small sided game situations emphasizing Dribbling see the SSG section.

To Begin: For the VERY young, here are several simple and fun sessions as an introduction to more serious sessions later.

1. Players standing in the same position have to use one foot to “pull” the ball back with the “sole” of the foot and “push” the ball forward with the “laces” of the same foot.
2. These are simple repetitions to repeat constantly to get a feel for the ball and to improve ball control and first touch and also co-ordination.
3. For younger players doing it for the first time they need to do this at walking pace. Drag back with the sole, push forward with the laces. Then do the same routine with the other foot.
4. Then comment on the foot without the ball, the players will be flat footed so they need to be bouncing on the other foot as they do the exercise. Demonstrate the difference between receiving a pass flat footed and on their toes and lively.
5. Now they need to do the movement with their heads up, looking around not down at the ball all the time to develop awareness, ask questions of the players as to why they need to do this. Same idea but drag back with the sole push forward with the side of the foot not the laces.

Improving Touch On the Ball



Coaching Points:

1. Good balance
2. High Concentration on the technique
3. On your toes not flat footed
4. Head Up whilst performing the task for Peripheral Awareness

Do it in a circle facing North, South, East and West on the call of the coach or have for example ten pulls with the sole and pushes with the laces movements at each direction. Quarter turns on each call going around in a circle.

Competitive: between the players to see who can do them the quickest but under total control and with correct technique.

On the coaches signal (AS SHOWN ABOVE) they now move up and down the field tapping the ball from foot to foot. After four taps they pull the ball back with the sole and push it out with the laces and move up field. Once they get to the other end they turn back and repeat the exercise, this gives them lots of good touches on the ball to improve their control.

Progressions can be

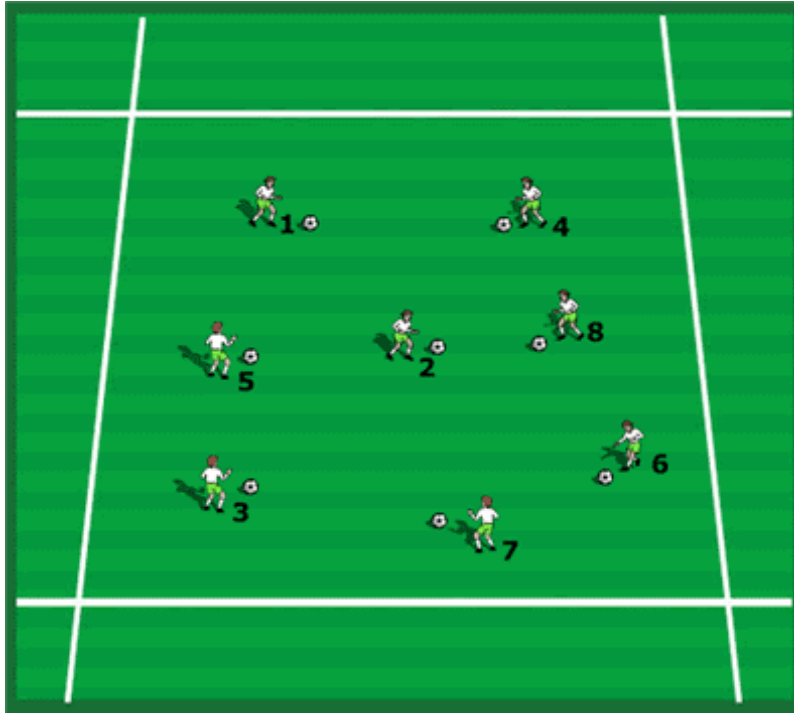
1. Up and down the field with the right foot,
2. Same with the left foot,
3. Alternate feet up and down,
4. The same routine but with the side of the foot not the laces.

Build some combinations into these routines, introducing turns and moves. Move forward doing 20 push / pulls then do a step over turn and repeat with 20 back to where you started.

Individual Dribbling Skills

Working On Specific Dribbling Moves: The Technical Development Of Dribbling: The Matthews, Rivelino, Double Touch And The Scissors And Others

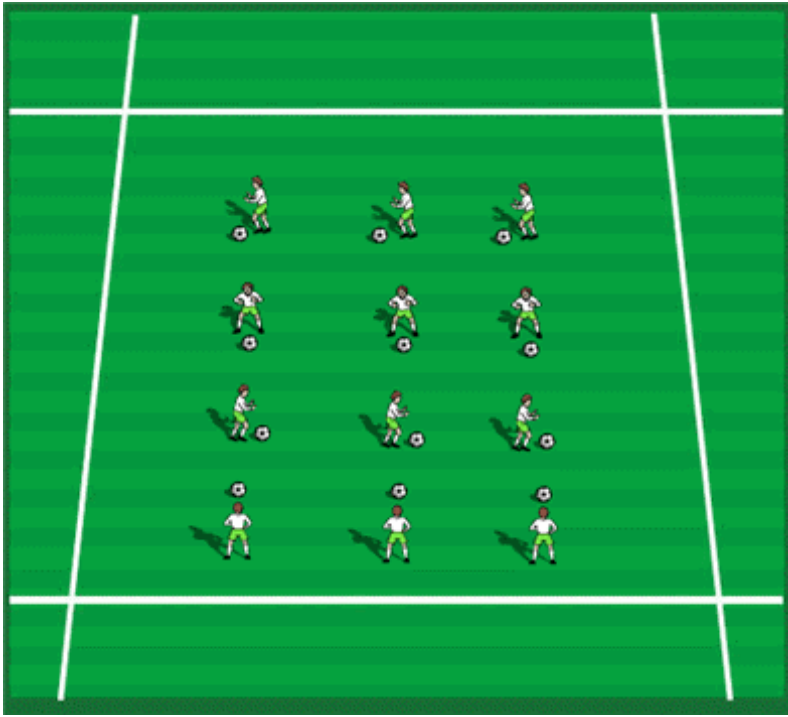
Shadow Dribbling



Practicing for example the Matthews shadow dribble. The balls are static and players address a ball and do the dribble without touching the ball. This is a great introduction to the skill to gain success easily. Players jog around and do the specified shadow dribbling skill at each ball. They get lots of opportunities to practice the skill in a very relaxed noncompetitive environment. Do each of the specified dribbles this way. We want to educate and teach our players to be excellent at several dribbles.

Dribbling Moves to work on here are:

1. The Matthews (Messi)
2. The Rivelino (Stepover)
3. The Scissors
4. The Double Touch
5. The Maradona
6. The Ronaldo (Brazilian and Portuguese ones)
7. The Ronaldino (Inside and Outside and double Cut)
8. The Flip-Flap (Ronaldino also)
9. The Iniesta Spin



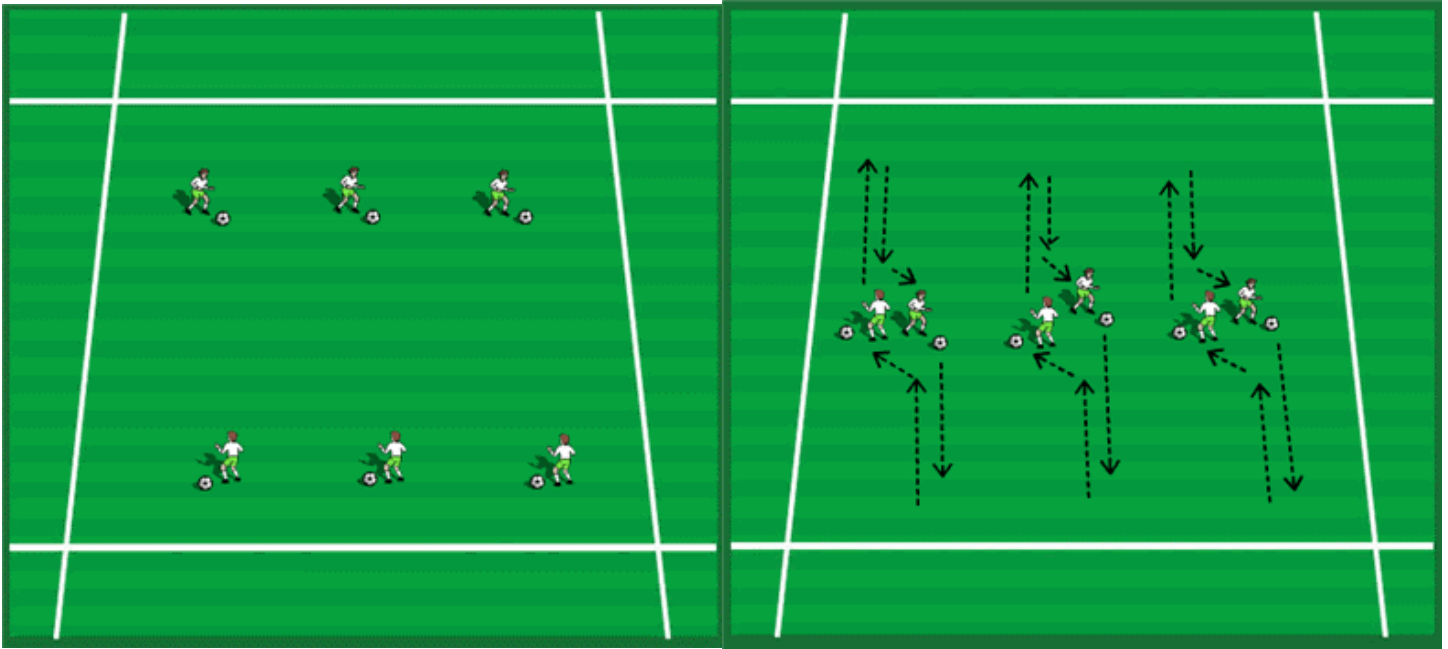
Coaches can use these or any other moves that they like, these are good ones that I have included as examples but by all means try a new one if you are so inclined. When players receive the ball and are aware in advance that there is no option to pass and they may need to dribble to get out of trouble or to beat a player to get a shot at goal, then we need to players to have the ability to do this. This is again building up to the awareness concept being engrained in the player's makeup.

Hence we are trying to teach the players some basic dribbles and tricks on the ball that they can use once they have identified the best option next is to dribble with the ball in this particular

Coaching Points:

1. Technical dribbling skills but focusing on one at a time to master it. The skill is broken down in phases for ease of teaching.
2. Noncompetitive dribbling initially so players are able to relax when practicing
3. Observation: Constant reminders of players need to look around and not just down at the ball (awareness in possession of the ball).

The above set up is an example of the progressive movement of one group of players. You can have 4 groups set up this way. Practicing a dribble from bottom to top, this is the routine working around the ball four times on the call of the coach each time facing another 45 degrees around the ball. Do the moves then stop and wait for the next call. All players work in unison. This is the total movement of one line of players but work with two lines opposite each other to help the development of the clinic (see over). Move around the ball both ways so players work on both sides with both feet. You get four dribbles / moves per rotation. Do it slowly to begin, break down the technique. If you are not competent to do the technique / trick then have a player demonstrate it for you. Have each group stand opposite one another 10 to 20 yards apart with a ball each. They must move towards each other on a call (everyone in unison) and always move to the right or to the left as they get close to each other.



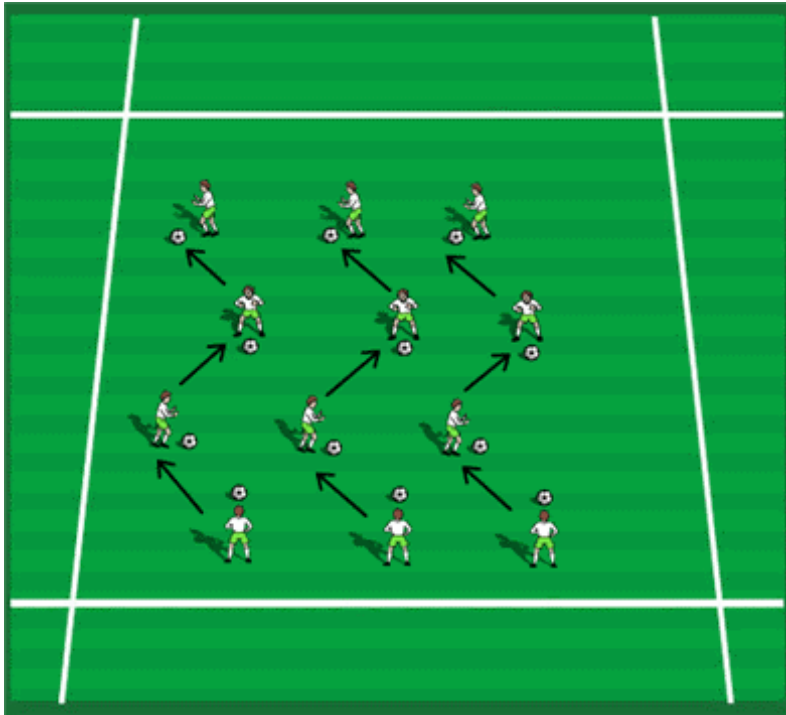
Warm up with some awareness dribbling work.

Progression:

1. Semi-Competitive: Have each group stand opposite one another 10 to 20 yards apart with a ball each. They must move towards each other on a call (everyone in unison) and always both move to the right or both players move to the left as they get close to each other. Do it slowly to begin and build up the pace as they become competent.
2. Have them get the timing right where they get about a stride apart, just out of tackling distance but close enough to commit a defender in a game.
3. Once they get past each other they stop and turn and go again on the next call. Do many repetitions with this to have them practice in this semi-passive way.
4. This is a good way to get many players working on the same skill in a small area with lots of work on the ball. Focus on one skill at a time and spend time on it to keep improving the technique of each player.

Groups play in 1 v 1 situations as above moving up and down the area practicing their moves.

By practicing dribbles extensively it gives you a chance to improve each player in these techniques, it may be you only use two because of this. It is better to get good at a small number than practice many different ones and be good at none of them. I believe having up to three dribbles is enough for each player to use if they get very good at them.



On the coaches command the players do a Matthews, Rivelino, double touch or Scissors (or their own ideas) to the left. They then stand still until the next command then do it to the right and so on. By doing it slowly it gives the players a chance to work and perfect the move. As they get competent the coach can get them to speed up the movement. Working up and down the field, right to left and left to right. This ensures they do it with both feet.

The Matthews: Big toe – little toe technique, lean one way, checks to the other. Bring the foot behind the ball to move it (for example, plant the left foot outside the ball to the left and bring the right inside the ball and move it away to the right with the right foot).

The Rivelino: Fake to kick the ball, step over the ball outside to inside then move the ball to the outside with the same foot (for example step over the ball with the right foot from right to left then take the ball away to the right with the right foot and accelerate away).

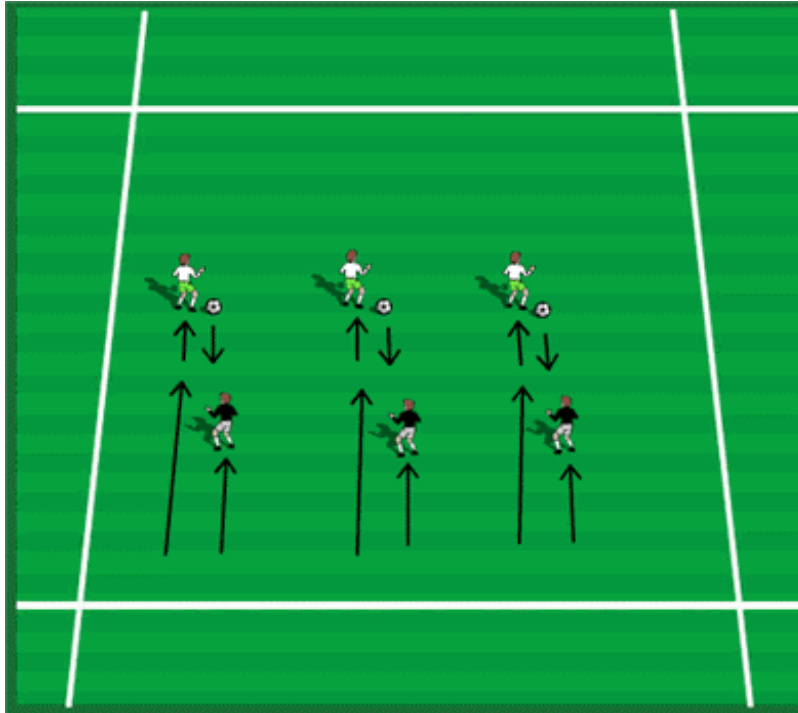
The Scissors: Step over the ball inside to outside then move the ball away with the other foot (for example, right foot inside to outside then move the ball to the left with the left foot).

You can also just fake them out with this by pretending to touch it the first time then touching it forward after the fake. Emphasize body position with this move, they need to have their body facing to the side they are pretending to move the ball also not keep it straight forward which is less likely to fool the defender. All techniques look to fake the opponent one way then move the ball the other way. On each dribble the player must drop their shoulder one way to move the other way.

Routine:

1. Standing practicing the dribbling movement in a shadow style without touching the ball
2. Doing the movement on the spot with movement of the ball
3. Moving around freely in the area where it is congested; making the designated moves free style.

The Double Touch Dribble

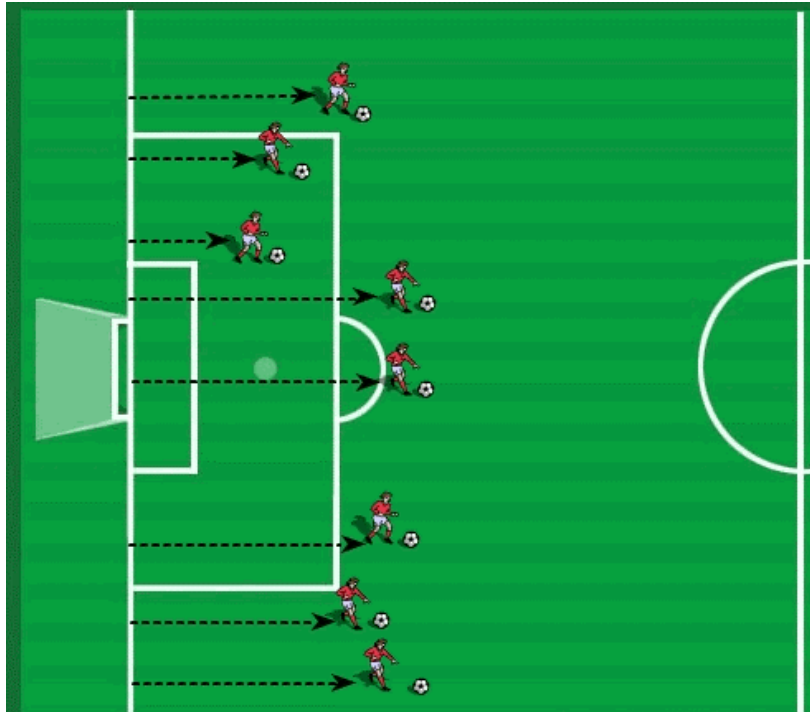


Double Touch (this is a great move to learn):

1. Running forward, bring the ball back with one touch then pass it forward to yourself with the second touch all the time keeping it in control at your feet. First touch back is to fake out the defender who is running alongside you, so they think you are stopping the ball or changing direction and they will check their forward run to react to this, but you continue to run forward by making the second touch forward and then get away from them. Rotate at the end of each run.
2. You can also just fake them out with this by pretending to touch it the first time then touching it forward after the fake.
3. Emphasize body position with this move, they need to have their body facing to the side they are pretending to move the ball also not keep it straight forward which is less likely to fool the defender.
4. All techniques look to fake the opponent one way then move the ball the other way. On each dribble the player must drop their shoulder one way to move the other way.

Various Purely Fun Dribbling Games

Session 1: Red Light – Green Light



Dribbling, Ball Control

All players stand on the end line with a ball facing the midfield line which is roughly 50 yards away.

1. When the coach yells “green light” the players dribble forward at full speed while maintaining control of the ball.
2. On the coach’s command, “red light,” the players must stop the ball immediately with the bottom of their foot.
3. Any player who fails to do so must start at the end line.
4. The first player to stop the ball on the midfield line wins the game.

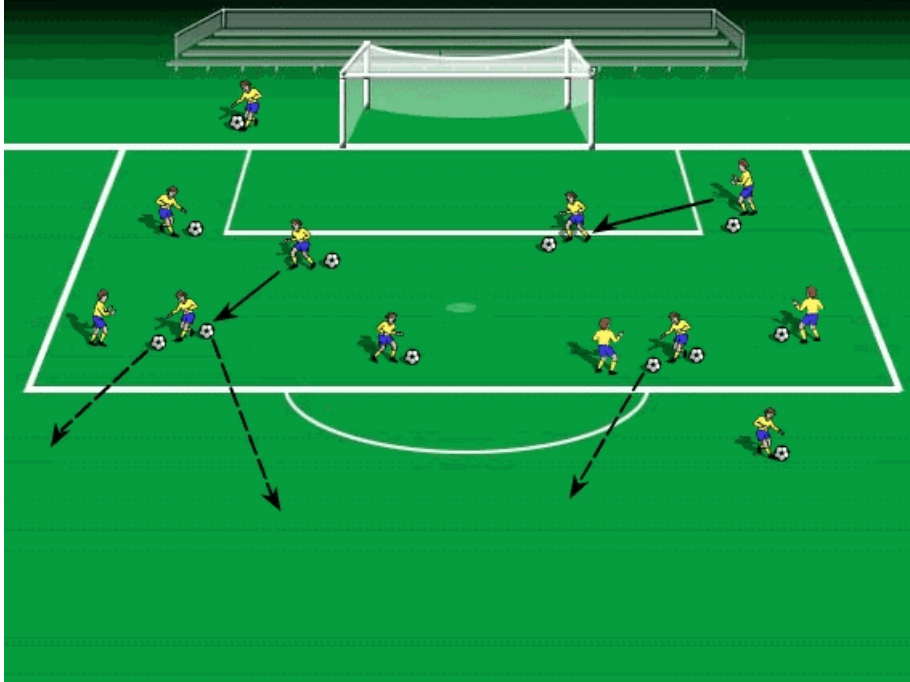
Progression:

1. “Red light” player must quickly turn back and stop the ball
2. Players must only use the left foot only

Coaching Points:

1. Maintain body control
2. Touch the ball every other stride

Session 2: Knockout



Dribbling

Use the center circle or the penalty box. Place all of your players in the circle with a ball each.

1. The players dribble around the center circle trying to kick another player's ball out of the circle while maintaining possession of their own ball.
2. If the ball is kicked out, that player must perform quick footwork with the ball before reentering the game.

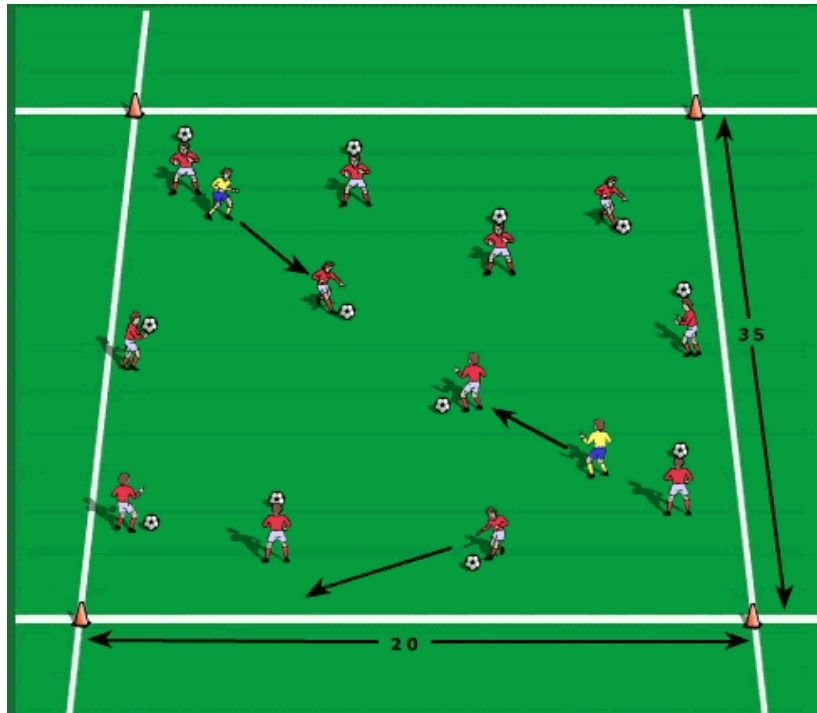
Progression:

1. Reduce the size to "half" the center circle when the players remaining gets down to five
2. Players must juggle 20 times before re-entering the circle
3. If a player stops moving, they are automatically eliminated from the circle

Coaching Points:

1. Use your body to shield the ball
2. Keep your head up and dribble away from pressure

Session 3: Statue Tag



Dribbling

12 players, each with a ball, try and avoid two defenders in a 20x35 yard grid.

1. One of the 12 players is tagged by a defender or if their ball is forced out of the grid, they become a statue.
2. They hold the ball over their head keeping their legs spread apart.
3. The statue may join back in if another attacker dribbles their ball through the statue's legs.
4. Play for 2 minutes and change the roles of the players.

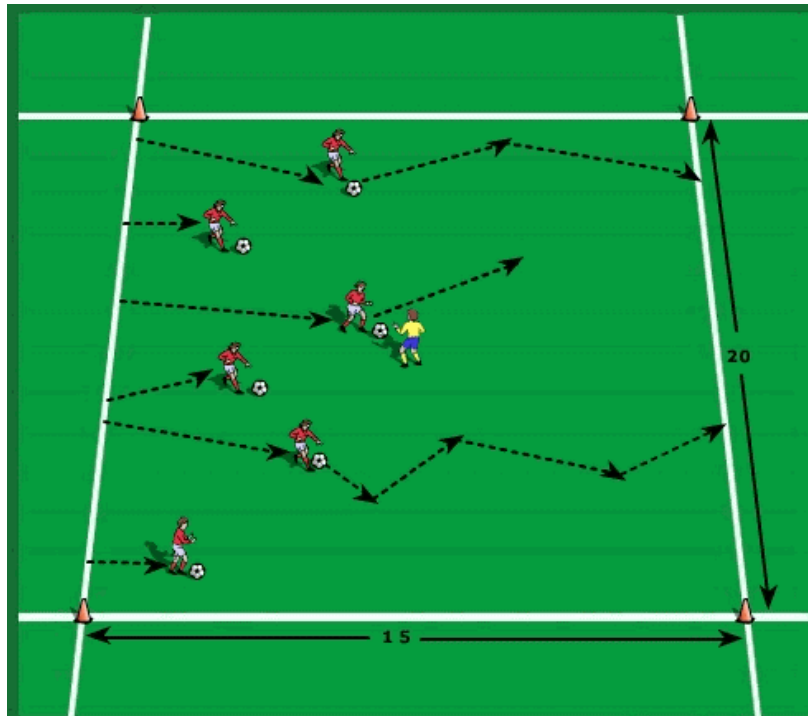
Progression:

1. The statue must do 10 push-ups and then hold the ball above their head
2. Increase the amount of time working

Coaching Points:

1. Keep your head up at all times
2. Dribble away from pressure

Session 4: The Dribbling Gauntlet



Speed dribble and cutting the ball

Make a 20x15 yard grid. One defender, without a ball, stands inside that grid. The rest of your team stands on the longer end line with a ball.

1. Upon the coach's shout, the attacking players dribble at speed to the other side line. If the defender kicks the ball out of the grid, that attacker now becomes an additional defender without a ball.
2. The last player to make it through the gauntlet wins the game.

Progression:

1. The defender must start 5-10 yards back from the line
2. Must only dribble with the left foot, right foot, etc

Coaching Points:

1. Keep your head up at all times
2. Dribble away from pressure

Session 5: Multi Goal Dribbling



Dribbling and Defending

Create a 20x20 yard grid and randomly place four, six foot wide goals made by cones or flags. Divide your players into pairs, each with a ball. Have plenty of extra balls on the perimeter of the grid.

1. One of the players starts as the attacker and the other is the defender.
2. All pairs are working at the same time, and the attacker is trying to dribble through as many gates as possible while maintaining possession. If the ball is won by the defender, the ball is returned to the attacker.
3. After 1 minute, switch the roles of the players and play for another minute.
4. The player that goes through the most gates wins.

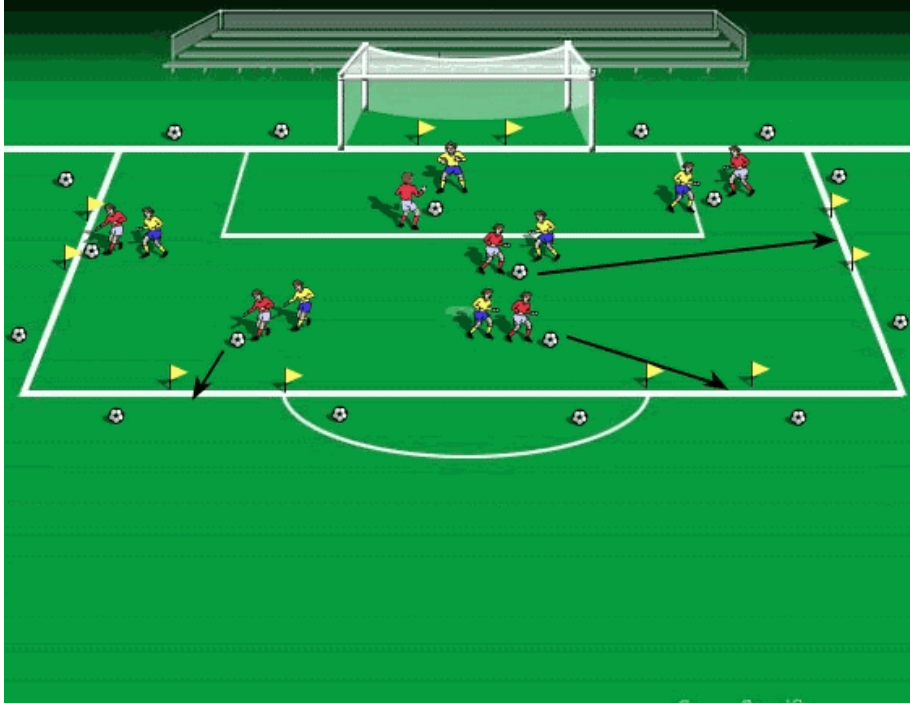
Progression:

1. Must find a new gate each time
2. On a turnover, switch the roles

Coaching Points:

1. Score early and break the opponent's mentality
2. Force the opponent away from the gates
3. Use fakes and shot fakes to get the defender off balance

Session 6: Penalty Box Goal Game



Dribbling and Defending

Place five, six-foot-wide goals evenly around the outside of the penalty box, using cones or flags.

1. Divide your team into pairs and place everybody inside the penalty box.
2. All pairs are working simultaneously.
3. The attacker tries to dribble towards one of the five goals and stop the ball within 1 yard on either side of the goal.
4. The defender tries to prevent the penetration. If the ball is won, it is given back to the attacker.
5. Work for 1 minute and then switch the roles.

Progression:

1. Must find a new gate each time
2. On a turnover, switch the roles

Coaching Points:

1. Get the defender off balance
2. Change the point of attack

Session 7: Inside Out Penalty Box Game



Speed Dribbling and Defending

Place five, six-foot-wide goals evenly around the outside of the penalty box, using cones or flags. Place plenty of extra balls around the perimeter of the box.

1. Simultaneously games of 1v1 occur for 1 minute at a time.
2. Split your team into pairs. One player starts with the ball on the outside of the penalty box.
3. The other player is the defender and starts in the middle of the box.
4. The attacker can enter the box at any time, but may only score by exiting through a gate while maintaining possession of the ball. If the ball is won, it is given back to the attacker.

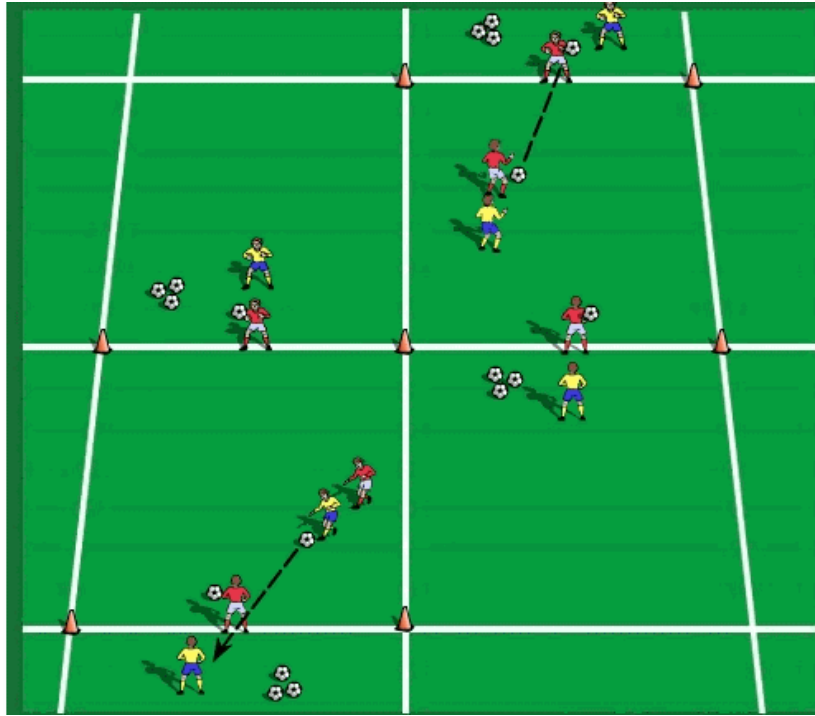
Progression:

1. Must find a new gate each time
2. On a turnover, switch the roles

Coaching Points:

1. Dribble at speed but keep the ball under control
2. Dribble straight at the defender and invite them to commit one way

Session 8: Score Between The Legs



Taking people on and defending

Make a 20x15 yard grid. Two players are going 1v1 inside that grid. On both sides of the grid are two goals made by a player standing with their legs wide open and with an extra ball in their hands. A chaser is positioned behind each goal.

1. The active players can score by shooting or passing the ball between the opponent's goal's legs.
2. The player, who is the goal, drops the ball for his teammate. Play for 1 minute and then change the roles.
3. The chasers become the goal, the goal becomes active, and the active players become the chasers.

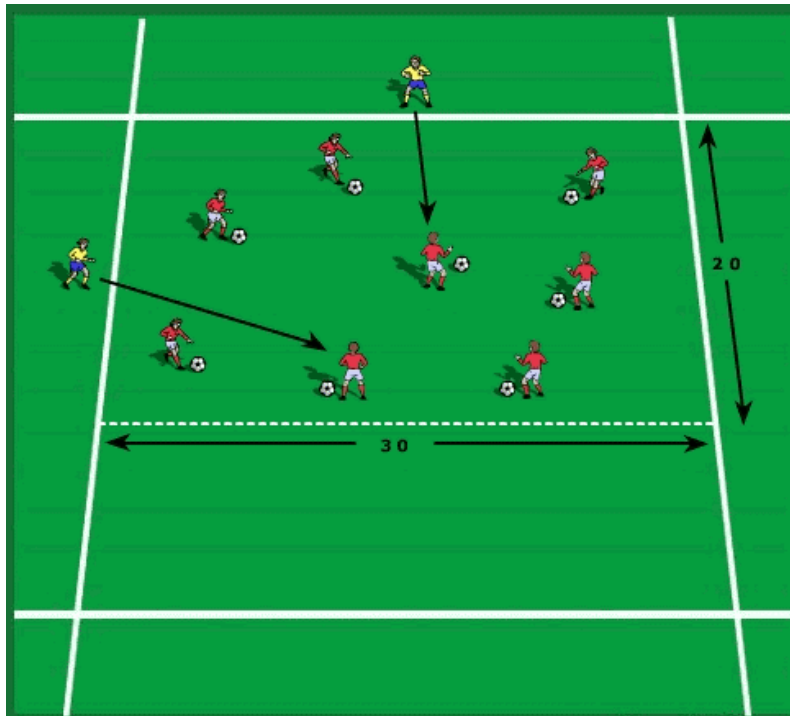
Progression:

1. Make it a 2v2
2. Add neutral players that can move up and down the sidelines

Coaching Points:

1. Take the opponent on and make them commit one way
2. Look to combine with the neutral players

Session 9: Ambush



Dribbling, passing, receiving, and tackling

Make a 20x30 yard grid. Place two players (hunters) on the outside of the grid in bright colored pennies. The remaining players are inside the grid with a ball each.

The hunters yell “ambush”, and enter the grid and try and kick the balls away from the dribblers and out of the grid. If the ball is kicked out, those players remain in the game and can now combine passes with the remaining players with balls. The game ends when the last ball is kicked out of the grid. Assign new “hunters” after each game.

Progression:

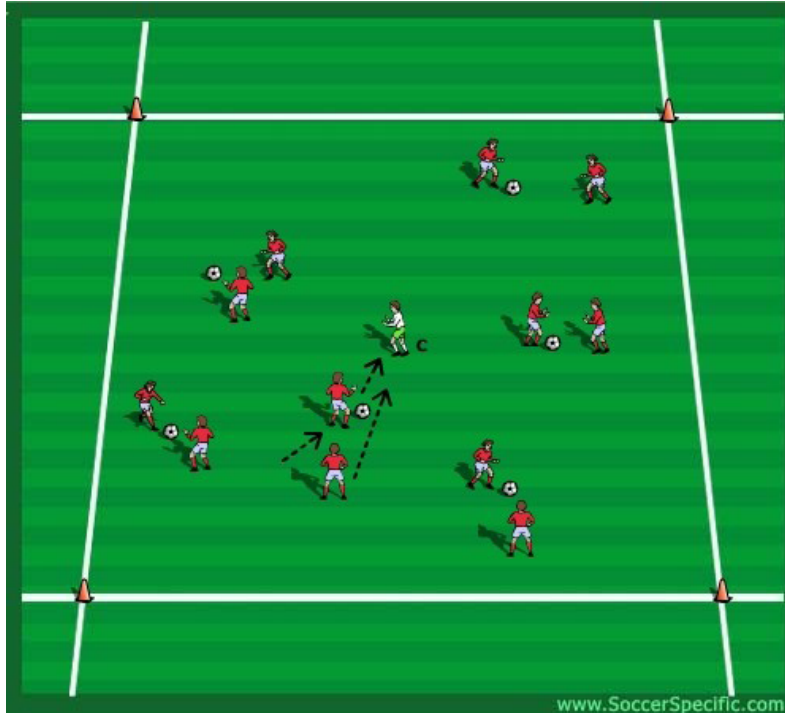
1. Increase the number of hunters
2. Make the grid smaller

Coaching Points:

1. Dribble away from pressure
2. Shield the ball if attacked

Session 10: Dribbling, Turning and Passing Exercises

Activity #1: Players are arranged in pairs with one ball as shown below. The coach is positioned in the center of the grid as shown.



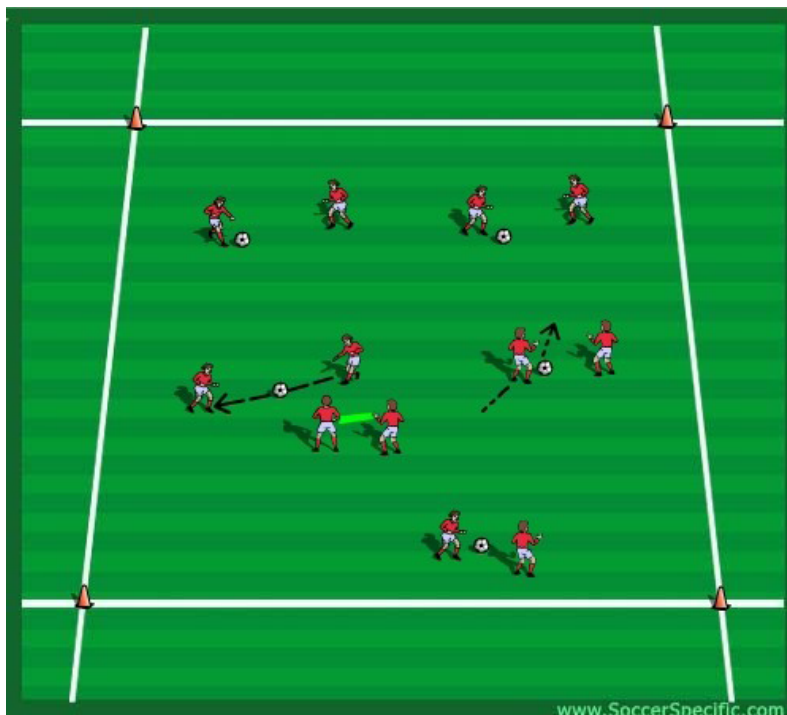
1. Players must bring their ball to the coach.
2. The coach must kick or throw the ball anywhere inside the grid.
3. The coach must call out the method the players must use to bring the ball back to the coach (ex) perform 5 toe touches each before bringing it back, two Cruyff turns each before bringing it back etc.
4. The coach continues to throw the balls around the grid for the designated period of time.

Progressions: The coach should create an entertaining and fun environment for the players by calling out creative ways to bring the ball back (ex) ball between foreheads etc.

Coaching Points:

1. Fun!
2. Players must utilize the time available to become comfortable with the ball in various situations.

Activity #2 Partner Tag: Players are arranged in pairs with one ball as shown below. Two players are designated “it” and must hold a vest between them during the activity.

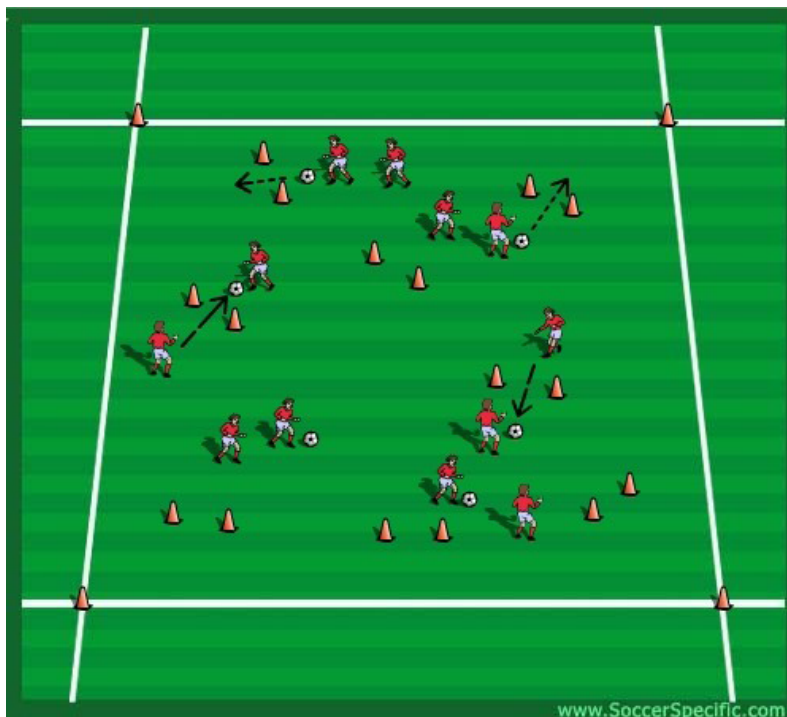


1. The “it” must attempt to tag any player in possession of a ball.
2. Players must move around the playing area dribbling and passing their ball with their partner.
3. Players that are tagged become “its”. Play is continuous for a designated period of time.
4. Switch the “it” after each round of play.

Coaching Points:

1. Keep the ball moving – dribble with your eyes up to scan the playing area
2. Encourage passing to avoid “it”
3. Field vision – scan the playing area at all times
4. Correct dribbling and passing mechanics

Activity #3 Multi Gate Passing: Players are arranged in pairs with one ball as shown below. 8-10 gates are created using cones and placed randomly inside the playing area as shown.



1. Players move with their partner around the playing area attempting to dribble and pass through as many gates as possible in the assigned time.
2. Games can vary in length anywhere from 30 seconds to a few minutes.
3. Encourage each pair to beat their previous games score – try to beat your last score by one!

Coaching Points:

1. Keep the ball moving at all times
2. Use various surfaces of the foot to dribble
3. Correct passing mechanics
4. Players are encouraged to get comfortable while in possession of the ball

Activity #4 Get In / Get Out: Two teams are organized as shown below. A supply of balls is placed next to the coach as shown. Mini goals are placed at each end of the playing area.



1. The coach serves a ball into the playing area and calls out a color – red or yellow.
2. If the coach calls “red” two red players must run into the grid with 1 yellow – this creates a 2v1 situation.
3. The red players act as attackers and the yellow player acts as the defender.
4. The red attackers must attempt to score in their opponent’s mini goal.
5. Play is continuous for a designated period of time or for a predetermined number of goals.

Progressions:

1. Increase numbers to 2v2
2. Increase numbers to 3v3
3. Final phase 4v4

Coaching Points:

1. Encourage correct decision making – when to dribble, when to pass.
2. Encourage positive attacking play.
3. Emphasize correct dribbling and passing mechanics.
4. Score, Score, Score!

Activity #5 Final Game: A 4v4 with mini goals is organized as shown below. No goalkeepers are used during the activity. The setup is repeated to accommodate the entire squad of players.



Both teams compete for possession of the ball and attempt to score in their opponent's goal – NO RESTRICTIONS.

Coaching Points:

1. Review all previous coaching points.
2. Encourage positive creative play.
3. Encourage players to develop confidence in various situations.

Session 11: Ball Control and Dribbling Skills



Ball control and motor skills

Use the penalty box or the center circle. Grid size depends on the number of players. Each player has a ball.

1. The players must follow the instruction of the coach.
2. For example, if the coach shouts “touch the ball quickly side to side”, then the players must do so. Complete 10 commands successfully and then stretch for a minute. Repeat using different commands.

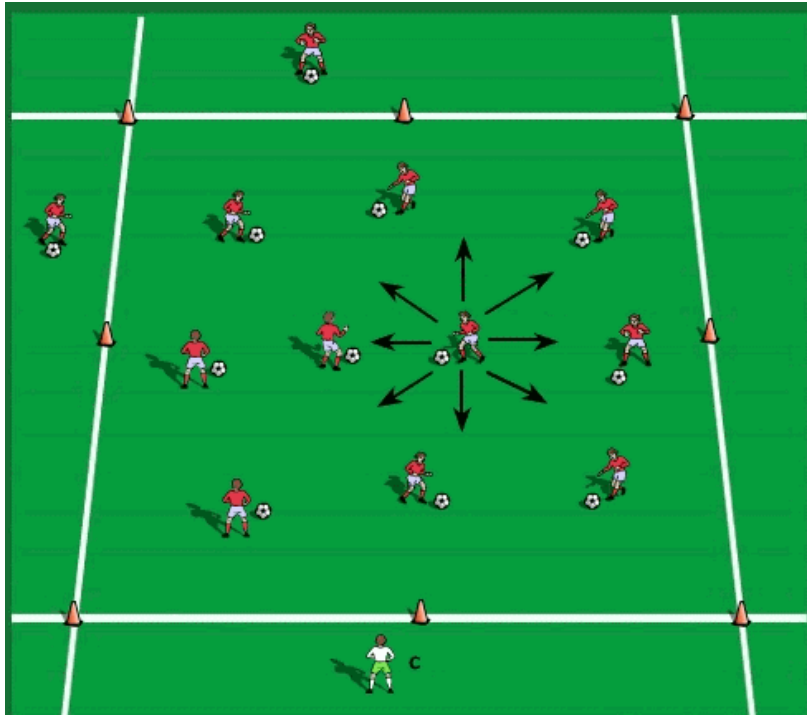
Progression:

1. Tap the top of the ball with the bottoms of your feet, alternating feet each time.
2. Jump over the ball.
3. Hop around the ball.
4. Skip around the ball.
5. Toss the ball up, hit it with your head, and catch it.
6. Use the bottom of your foot and move it in a circle.
7. Kick the ball in the air, turn, and catch it.

Coaching Points:

1. Get the touches right.
2. Don't run into anyone.

Session 12: Head Up Observation



Dribbling, ball control

Set up a 15x20 yard grid (race track). Place all of your players in the grid with a ball.

1. The players must not crash into the cones (rails). If the players (collide) with each other or the cones (rails), they must go outside the grid, and do fast footwork with the ball.
2. For example; toe touches on the ball, quick passes side to side, or quick turns with the left and right foot.
3. The players (cars) must obey the coaches (race director) shout. "Shift gears"-change directions, "red flag"-stop the ball, "blue flag"-stop the ball with the knee, "yellow flag"-dribble slower, and "green flag"-accelerate to top speed.

Progression:

1. Make the grid smaller and more congested.
2. Players must only use the left foot only, etc.

Coaching Points:

1. Keep the ball close to your body.
2. Concentrate on change of direction away from pressure (other cars).

Session 13: Change Of Pace



Dribbling

30 x 30 yard grid. 12-18 players start with a ball each inside the grid.

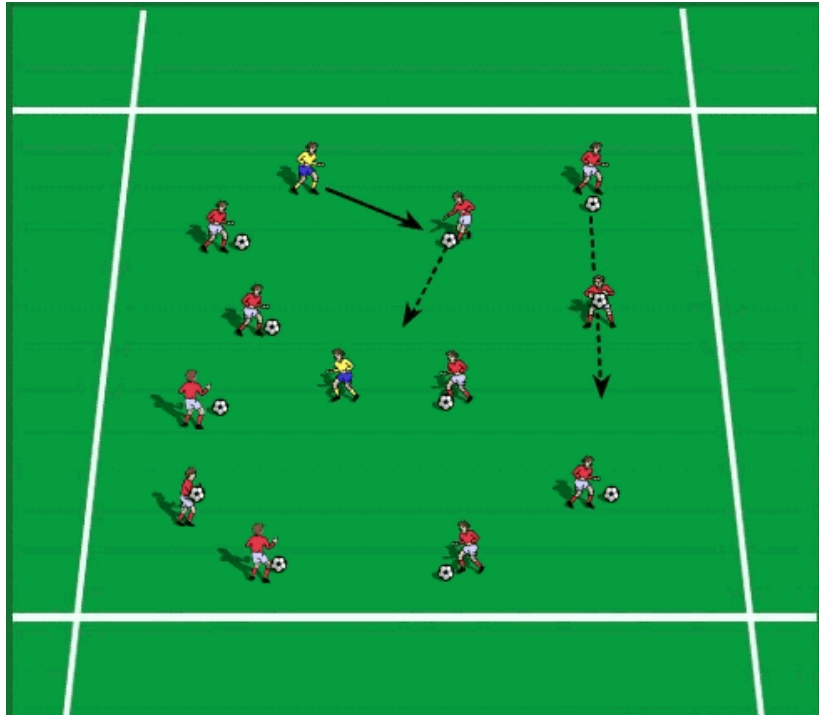
1. Each side of the grid is allocated a number – 1, 2, 3 or 4.
2. Coach will shout commands that all players must follow.
3. If coach shouts “1” all players must dribble to that side of the grid, if coach shouts “3” all players must dribble to that side of grid and so forth.
4. Players must use all the surfaces of their feet to dribble as well as change direction on the coach’s command.

Progression: Encourage players to dribble as fast as possible by making it a race situation.

Coaching Points:

1. Use as many surfaces of the foot as possible.
2. Do not “kick” ball; push it out in front of you.
3. Try to avoid collisions by keeping head up.

Session 14: Set Them Free



Dribbling for possession

20 x 20 yard grid. 12-18 players. Two sets of colored bibs.

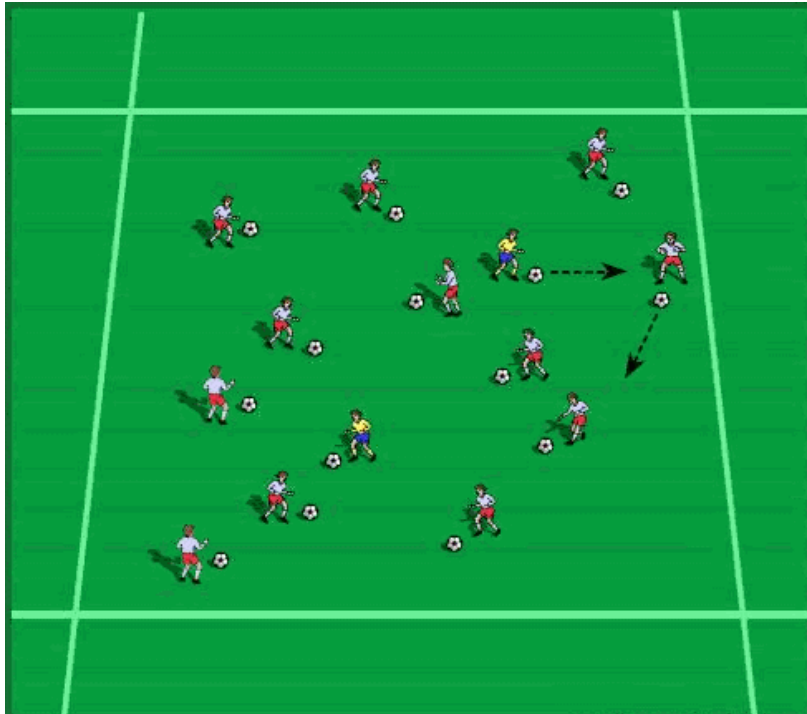
1. 2 Players must wear colored bibs.
2. On the coach's command these players pursue all other players who are dribbling freely inside the grid. If one of the "chasers" touches a player's ball then that player must freeze in that spot with the ball above their head and their legs apart.
3. A player can only be "unfrozen" by another player dribbling a ball through their legs.
4. After a designated time (approx. 1min) count how many players are frozen? Allow all players to have a chance at being a chaser.

Progression: Increase the number of chasers.

Coaching Points:

1. Quick changes of direction and speed are essential to avoid "chasers"
2. Keep head up to detect oncoming opponents.
3. Encourage accelerations to escape from opponents.

Session 15: Avoid The Defenders



Dribbling for possession

20 x 20 yard grid. 12-18 players. Two sets of colored bibs. One ball for each player.

1. 2 players are identified as “chasers” by wearing a different colored bib.
2. All players including the “chasers” must keep control of their ball at all times.
3. If, while dribbling, a player is tagged by a “chaser” then that person must stay in one place and practice juggling the ball.
4. Time is kept to see how long it takes for the two chasers to “stick” all the other players. Alternate chasers after each game.

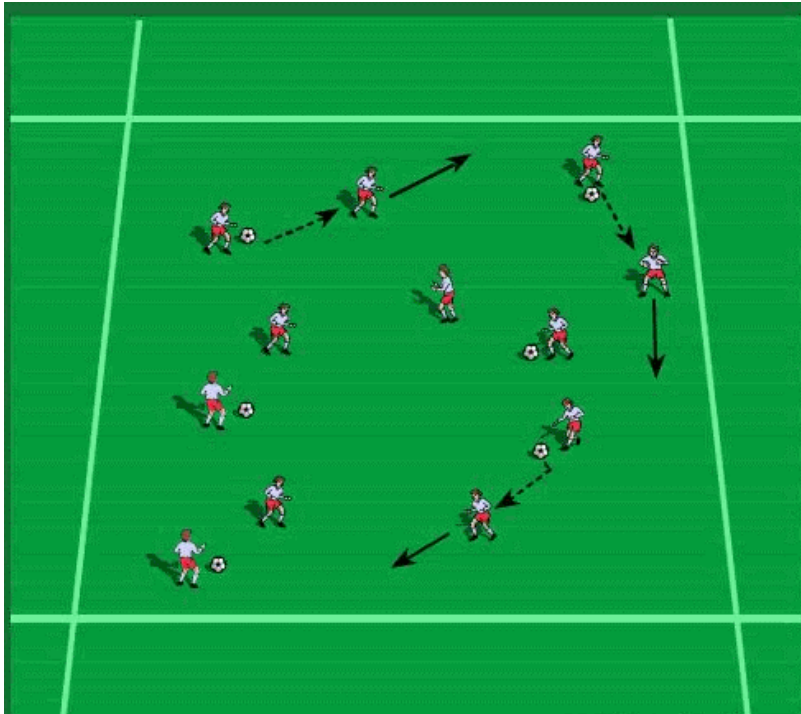
Progression:

1. Increase the number of chasers.
2. Introduce a new feint or move to avoid opponents.

Coaching Points:

1. Quick changes of direction and speed are essential to avoid “chasers”
2. Keep head up to detect oncoming opponents.
3. Encourage the use of feints to escape from opponents.

Session 16: Shadow Him



Dribbling

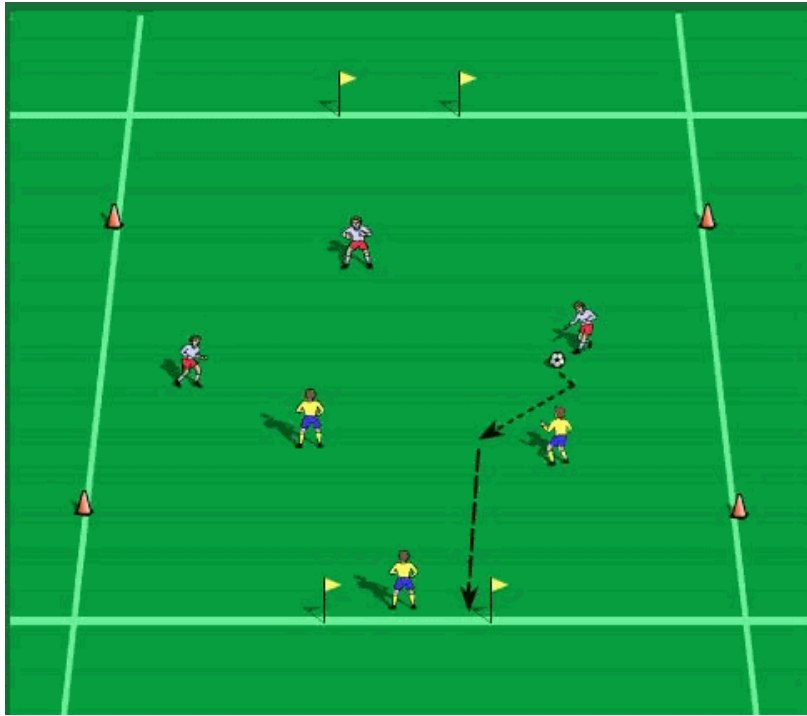
20 x 20 yard grid. 12-18 players. Players are in pairs with one ball.

1. Player 1 and 2 start approximately 2 yards apart, one behind the other.
2. The player in the rear has the ball.
3. Player in front must run around grid to try to lose his "shadow."
4. Player with the ball is forced to dribble with close control and speed in order to keep up with his lead man.
5. When coach shouts "switch" player with ball tries to pass ball through his partner's legs. At this point the roles are reversed.

Coaching Points:

1. Don't kick ball, push it out in front of you.
2. Keep head up to detect movements of partner.
3. Use all surfaces of the feet while dribbling and turning.

Session 17: Take A Chance



Dribbling for Possession and Penetration

20 x 30 yard grid with an area 4-5 yards wide designated as an end-zone (marked with cones). 6 players. Two sets of colored bibs. Flags to create mini goals at each end. Repeat set-up to accommodate entire team of 18 players.

1. 3 v 3. One player is designated as a goalkeeper.
2. Only the goalkeeper can use his hands in the end-zone.
3. The goalkeeper must leave the end-zone to become an outfield player when his team is in possession of the ball.
4. Players should try to dribble to create goal- scoring opportunities.

Progressions: Award 3 points for a goal, 2 for beating an opponent and 1 for turning on an opponent.

Coaching Points:

1. Take defenders on!
2. Use feints, deception to elude defenders

Session 18: Emphasizing Dribbling Techniques with Fun Games



Dribbling

40 x 30 yard grid divided into 10 x 10 yard grids. Flags are placed to create a mini goal at one end of the grid. Two sets of colored bibs. Groups of 4-5 players.

1. One player starts in the middle 10 x 10 grid and will act as the defender. One player will act as a goalkeeper in the mini goal.
2. The first player in line will attempt to dribble past the defender in the middle grid before attempting to score in the mini goal.
3. A shot must be taken from greater than 10 yards from goal.
4. The attacker then becomes the defender for the next attempt.

Progressions:

1. Players must use a feint to beat the defender.
2. Players can attack in pairs to create a 2v1 situation.

Coaching Points:

1. Push ball out in front while moving at speed.
2. Accelerate over the first few yards to unsettle defender.
3. Use feints, deception to elude defenders.

Session 19: Speed Dribble



Dribbling

30 x 30 yard grid. Cones are placed to create corner areas of approximately 5 x 5 yards. 4-5 players in each corner. 1 ball per player

On coaches' command "Switch" players must dribble at speed to a new corner area. To encourage speed dribbling, the first group to successfully arrive in a new corner wins the game.

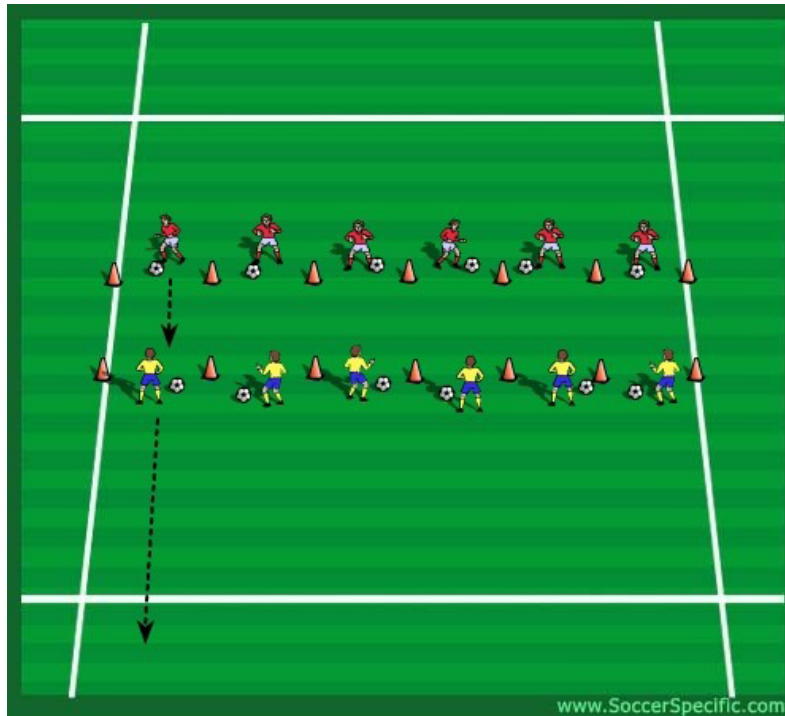
Progressions:

1. Players must juggle 5 times in the new corner before the game can end.
2. Add defenders (2-3) in center of grid to try to steal balls from players.

Coaching Points:

1. Push ball out in front while moving at speed.
2. Keep head and eyes up to avoid collisions.
3. Use feints, deception to elude defenders.

Session 20: Turn and Dribble



Running with the ball at speed, change of speed

30 x 30 yard grid. 12-18 players with a ball each. Two sets of colored bibs. Players arranged in pairs facing each other. Cones placed to create a 5-yard wide channel between each pair.

All players are performing fast footwork type activities in a stationary space.

Coach calls out the color of one of the teams. Example “Reds”, at this time the red team must dribble quickly towards their opposite yellow partner. The objective is to tag the yellow player before they can turn and dribble over the end-line.

Progressions: The team of chasers must try to pass their balls against the legs of their opponents.

Coaching Points:

1. Accelerate quickly in the direction you want to go.
2. Take longer touches; don't get the ball caught under your feet

Session 21: Moving Targets



Passing and Dribbling

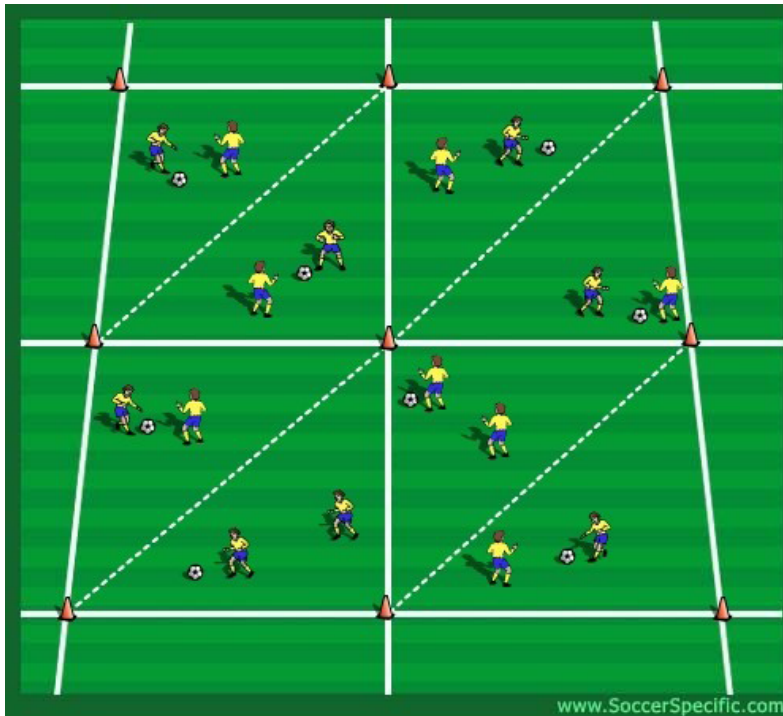
2 players are designated as “destroyers”. The “destroyers” dribble around grid trying to pass their ball against another ball or legs of an opponent. If a player’s ball or legs are struck then he too becomes a “destroyer”. The last player to get struck by a “destroyer” is the winner.

Progressions: Destroyers can strike their opponents ball only.

Coaching Points:

1. Keep head and eyes up to avoid opponents as well as locate targets.
2. Changes of speed to get close to opponent prior to passing ball

Session 22: Touch Tight



Dribbling to beat an opponent

20 x 20 yard grid split into two triangles as shown. Cones in each corner of the grid. Two players per triangle with 1 ball. Repeat set-up to accommodate entire team.

1. Player (A) must try to dribble to any cone in the triangle with the ball without the defender kicking the ball from the grid.
2. One point is awarded for every cone touched with the ball.
3. The defender (B) must try to stay close to the attacker to deny the space and prevent him from scoring. Switch roles after approximately one minute. Rotate partners after each game.

Progressions: Remove or add cones depending on ability and success of players.

Coaching Points:

1. Change direction and speeds to avoid defender.
2. Defenders don't dive in to win ball – be patient.

Session 23: Dribbling To Beat An Opponent Making Positive Forward Runs With The Ball



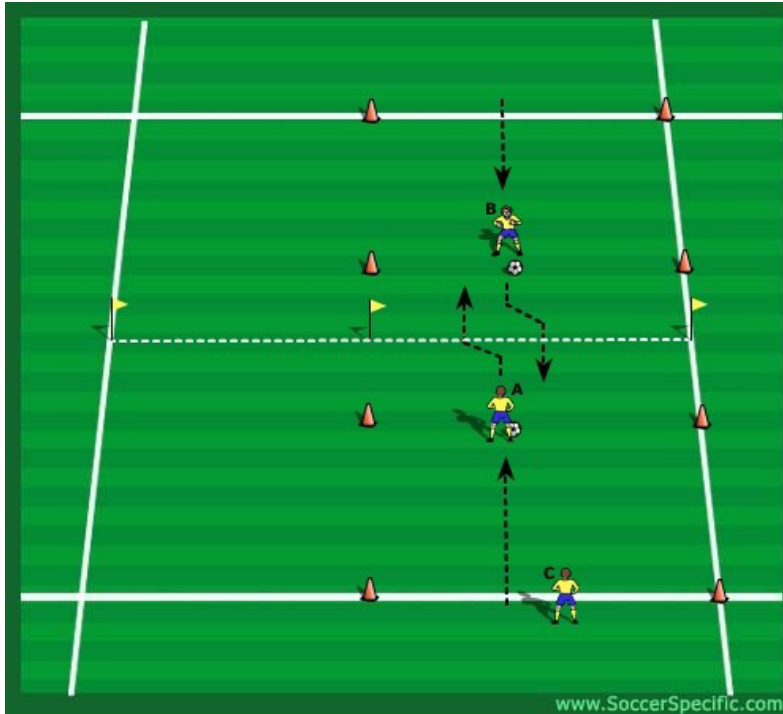
Dribbling to beat an opponent, making positive forward runs with the ball.

Warm-up: 10 minutes – One ball per player. Unrestricted movement incorporating running, jogging, juggling and stretching. Players move freely getting comfortable on the ball.

5 minutes – Unrestricted movement with an emphasis on various dribbling moves:

1. Use outside of foot to push ball out of feet,
2. Change of pace,
3. Change of direction,
4. Use disguise then change of pace and direction,
5. Stress drop left shoulder, move body weight left, then push ball with outside of right foot – accelerate,
6. Use a scissors movement with outside of left foot going around outside of ball – take with outside of right foot.

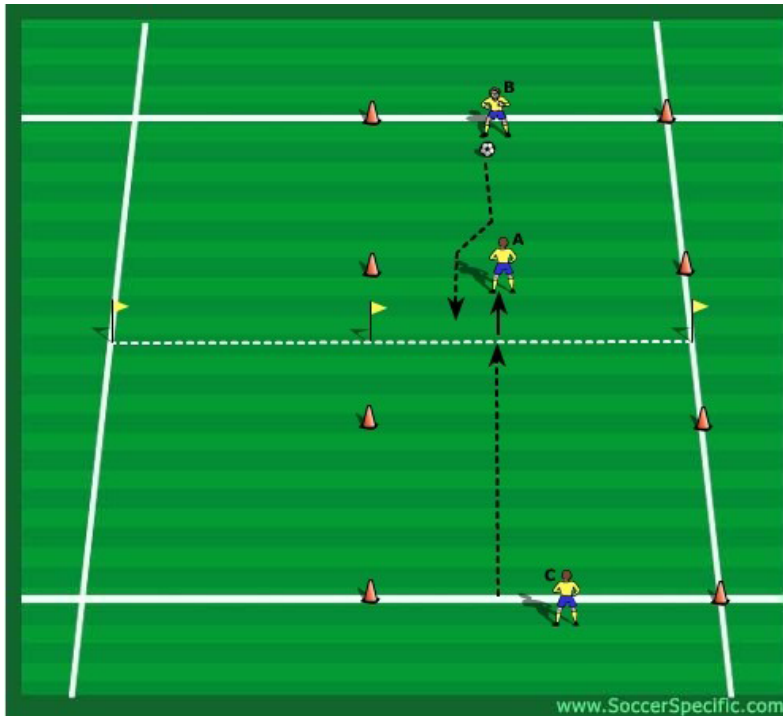
Exercise #1



10 x 30 yard grid divided into three 10 x 10 yard grids as shown. A halfway line is marked with flags at opposite sides of the grid. Three players per grid. Set-up is repeated to accommodate the entire squad of 18 players.

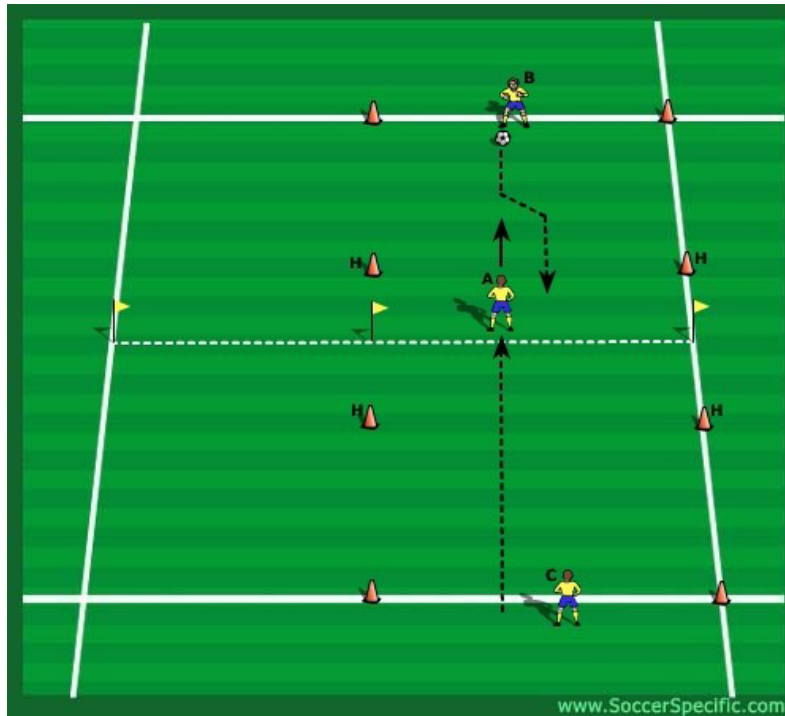
1. 5 minutes - Players (A) and (B) dribble towards the center line as illustrated in Diagram.
2. Each player performs a feint at the halfway line before accelerating to the opposite side of the grid.
3. (Ex) drop right shoulder, accelerate left. Sequence is repeated with all three players alternating.

Progression 1



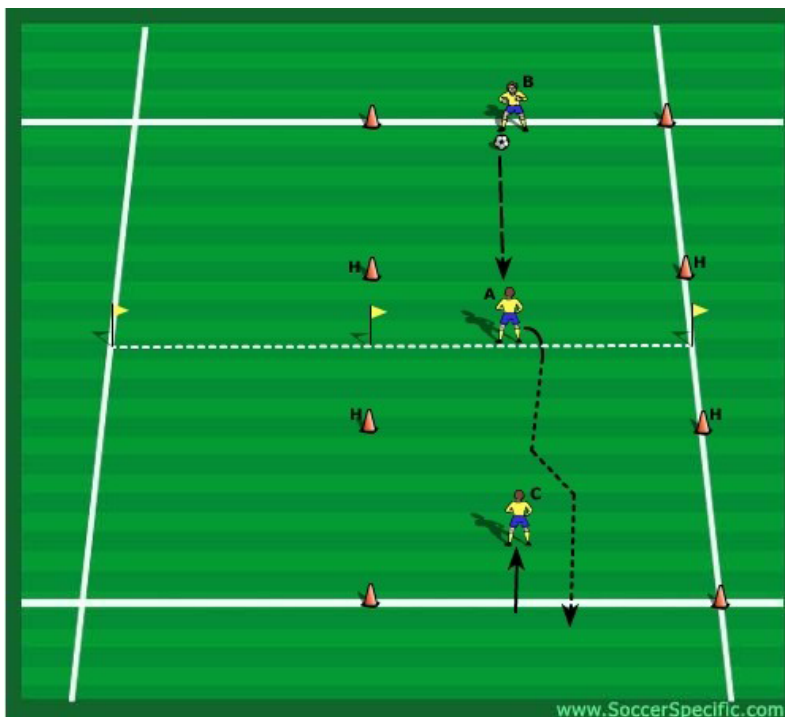
5 minutes - Player (A) dribbles to the halfway line before passing to (B) as shown. Player (A) then moves forward to act as a passive defender. Player (B) performs a move and accelerates past the passive defender. The sequence is repeated with (B) passing the next ball to player (C) from the halfway line. Sequence is continuous for designated period of time.

Progression 2



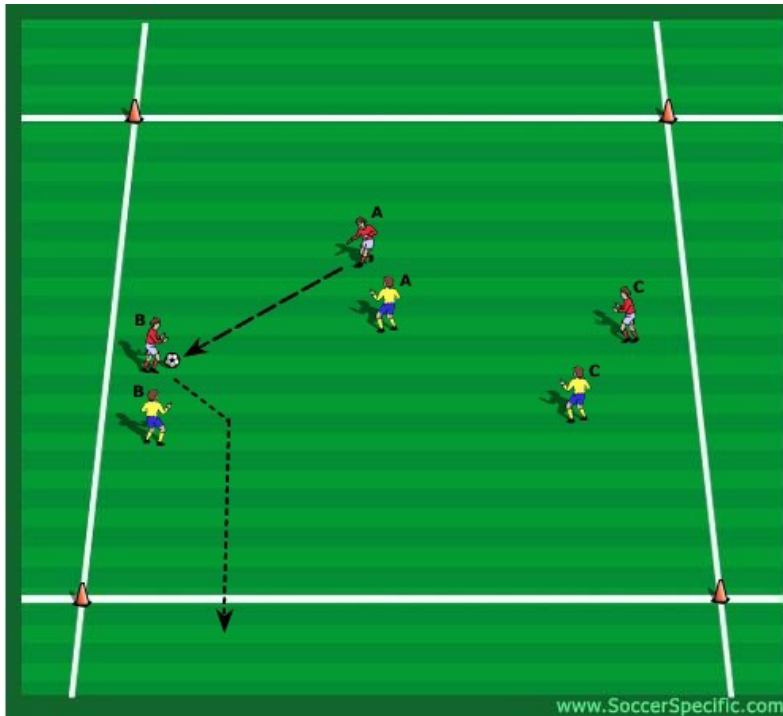
5 minutes - Player (A) dribbles to the halfway line and passes to (B) as shown. As soon as player (B) has received the ball player (A) must move forward to defend. Player (A) can only defend in front of the cones marked (H). This will encourage (B) to attack at pace before the defender can get ready. Player (B) attempts to beat the defender and dribble towards the halfway line. Sequence is repeated in the opposite direction with (B) passing to (C) from the halfway line. Play is continuous for a designated period of time.

Progression 3



5 minutes - Player (A) starts on the halfway line. Players (B) and (C) are positioned at opposite ends of the grid as shown. Player (B) passes to (A). Player (A) must make a choice: 1) Run at player (B) and dribble over the end line, 2) Turn and run at player (C) and dribble over the opposite end line. Players continuously rotate to become the middle player. The diagram illustrates player (A) turning to run at defender (C).

Exercise #2



20 x 30 yard grid as shown. A 3v3 is organized in the playing area. Set-up is repeated to accommodate the entire squad.

1. 5 minutes - Players are paired off as shown in Diagram above. Red (A) must play against Yellow (A), Red (B) must play against Yellow (B) and so forth.
2. Since each player has a direct opponent, if a player beats his opponent he should have a direct run to score. Players score by dribbling over their opponents' end line.

Coaching Points:

1. Spread end to end to create space.
2. When your team is in possession, create 1v1 situations by moving away from the player on the ball.
3. Think dribble, be positive.
4. Attack at pace.
5. Use disguise.

Progression (1): 5 minutes - The team that scores maintains possession and attacks in the opposite direction. This creates a greater incentive to continue to score.

Progression (2): 5 minutes - Eliminate the direct opponent assignment. Players are no longer required to only stay with their man.

Final Game



55 x 44 yard area organized as shown. Three areas are created using flags. Five gates are created using cones as shown. An 8v8 is organized in the playing area with both teams arranged in a 3:3:2 formation.

1. 15 minutes - Both teams compete for possession of the ball. Players are positioned in each of the thirds of the field as shown.
2. Players score by dribbling over the opponents' end line or by dribbling through any of the five gates located in the playing area.
3. Players can only leave their third of the field by dribbling forward.
4. Diagram illustrates player (A) receiving a pass, beating his marker and dribbling into the next third of the field.

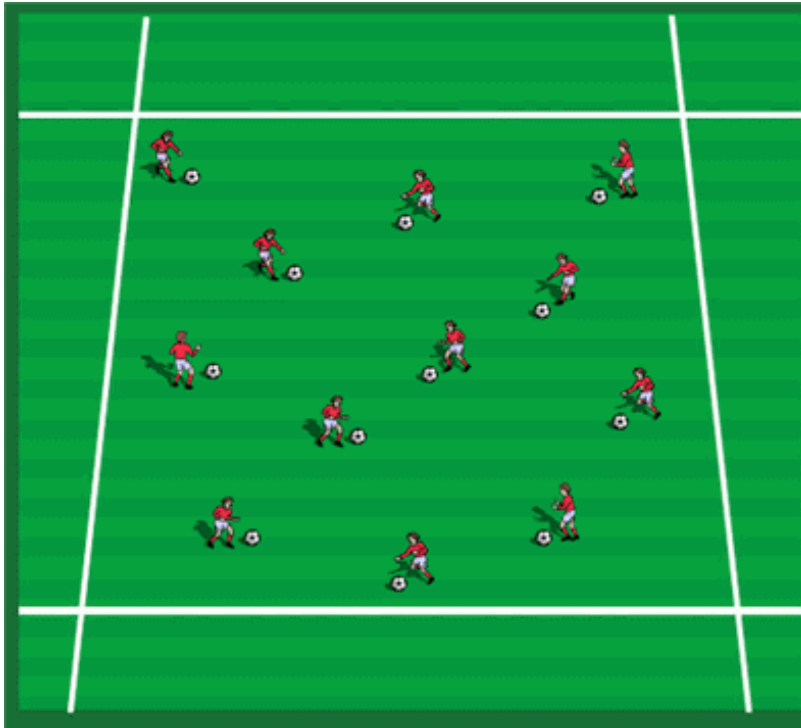
Coaching Points:

1. Encourage dribbling in all areas.
2. Spread out side-to-side and end-to-end.
3. Spread immediately when goalkeeper receives the ball.
4. Attack at pace.
5. Create 1v1 situations by moving away from the player in possession.

Cool Down: 5-10 minutes light jogging and stretching.

NOTE: Depending on the ability of the players it may be advisable to take more than 5 minutes to move through each exercise phase.

Session 26: Dribbling Awareness Kick Out Game With A Ball Each



1. Each player has a ball to play with. They must protect their own soccer ball but at the same time try to kick someone else's ball out the area. When your ball is kicked out you cannot kick anyone else's ball out. You can vary the game by allowing them chances, maybe up to three each before they are ultimately out of the game. When they are out have them juggle the ball to keep practicing skills.
2. Play until the last player is left with their own ball still and everyone else's ball has been kicked out. This player is the winner.
3. Variations can be you have three areas of play they can work in. They start in one then if they are kicked out they go to the next and so on, this way they get two chances but also you can have two winners in each group with an overall winner at the end. Or you can just decrease the area they are playing in to make it harder as there is less space to work in.

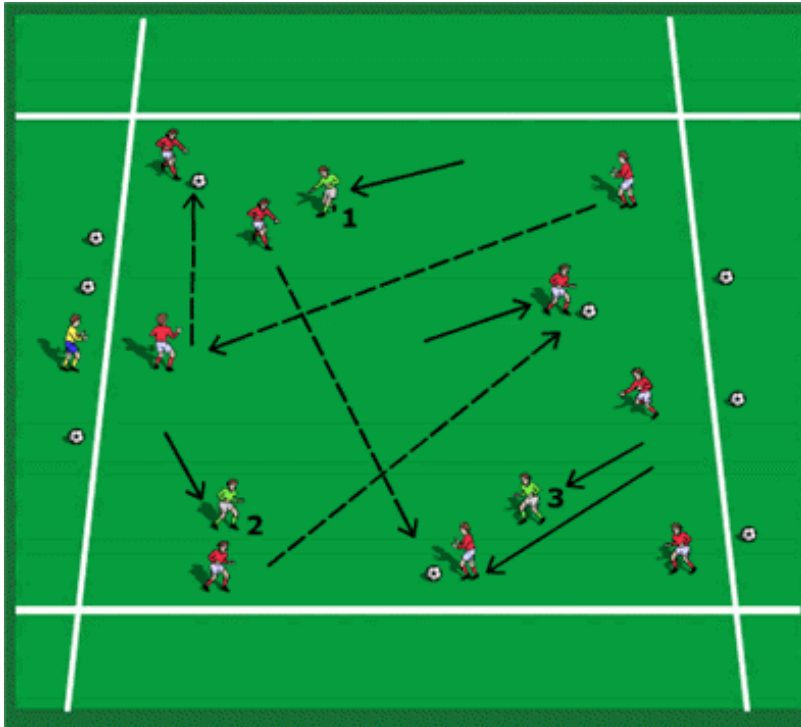
Coaching Points:

1. Dribbling and Turning,
2. Shielding,
3. Tackling,
4. Awareness of where other players are whilst maintaining possession of the ball ensuring players are looking around away from their own ball,
5. Anaerobic Fitness work. This is a practice that is fun but ensures relevant skills are practiced by the players.

Kick Out Game



1. There are 12 players in this session, 9 with a ball, 3 without. The 3 without the ball have to try and win a ball off a player with a ball and kick it out the area. If a player has their soccer ball kicked out then they can join in with the other players helping them keep possession by passing and support play.
2. To make this competitive rotate the players so different groups of 4 work together, time each group to see who does the best. To decrease the time it takes if the defenders can win a ball and pass it to the coach (who is constantly moving around outside the area) for example 3 times out of the 9 balls won, then the clock stops. This represents winning the ball and keeping possession in a game rather than kicking it out of play and losing possession again in a game. It may be the first 3 balls the defenders win. Then have to where they need to get all the balls to the coach, a bigger more relevant challenge.
3. The session develops from an individual 1 v 1 attacking / defending work out to a passing and support situation. You can work on the defenders by encouraging them to work as a team, maybe in 2's for instance to have a better chance of winning the soccer balls. The defenders can pass the ball around between themselves until one can find the coach with a pass. Attackers during this time can try to win it back before it goes out the area.



1. This is showing the progression of the session where the defenders have won 6 balls and got 3 to the coach thus maintaining possession if it were likened to a game situation.
2. The reward for them getting the soccer balls to the coach and keeping possession and working as a team to win them is that it may take a lot less time to have to work in the session.

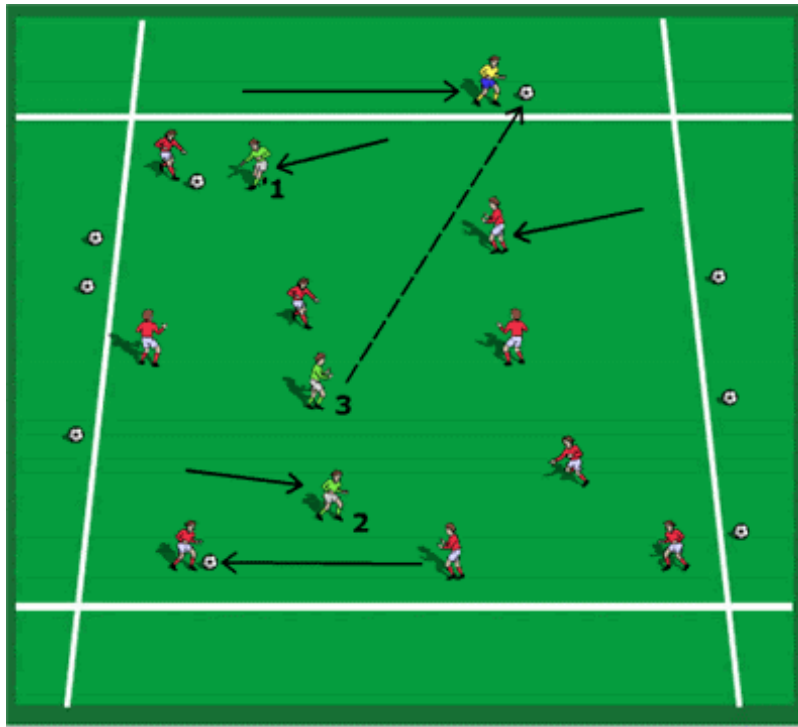
Coaching Points:

Attackers with the ball –

1. Dribbling and turning practice,
2. Shielding,
3. Moving, passing and support play,
4. Quality of passing,
5. Awareness of positions of both sets of players.

Defenders without the ball –

1. Practicing defensive pressurizing skills,
2. Team work (in 2's) to win the ball using supporting defensive skills – Angle / Distance / Communication,
3. Maintaining possession after winning the ball,
4. Awareness of the player to pass to (the coach or a team mate to get it to the coach),
5. Quality of the pass once they win the ball.

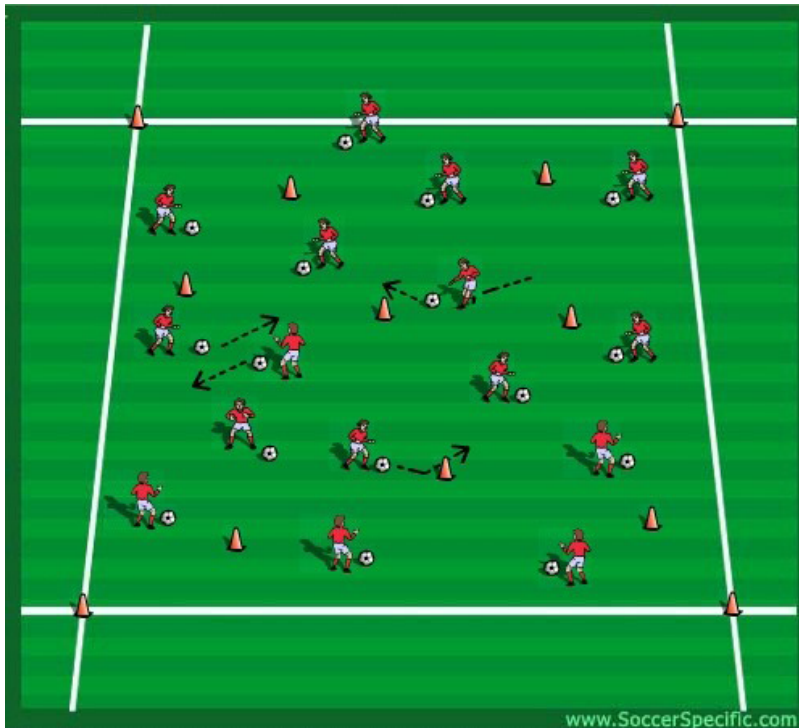


The essence of this game is it is fun and competitive for the players but it also provides a situation where they are learning important skills. Here the coach is on the move with players winning possession but also looking to see where their target player (the coach) is. Defender (A) has won a ball from attacker (2) and passed it into the path of the coach who is on the move on the outside. (9) Tries to intercept the pass but is unsuccessful.

Develop: Every ball won by a defender must be passed to the coach to show they have won the ball but also kept possession of the ball. This presents a bigger challenge to the players and teaches the players the importance of not just winning possession of the ball but also trying to maintain possession after winning it. If the defending player passes the ball to the coach and it is not accurate and does not get to the coaches feet then the attacker who had the ball gets it back to continue in possession. This ensures quality of passing from the defender who has won back the ball in the first place.

Develop: Make it a two team game, one defends, one attacks, time each team as to how long it takes for them to win possession of each ball and make a successful pass to the coach. The clock stops when all the 6 balls have been passed successfully to the coach.

Session 27: Beating Your Opponent: A Mentality To Attack



Developing a mentality to attack. Decision making in 1v1 situations.

Technical aspects: Feinting, dribbling, changes of speed and direction.

Warm Up: All players are positioned inside a 30x30 yard grid as shown in the diagram. One ball for each player. Cones are placed randomly inside the grid as shown.

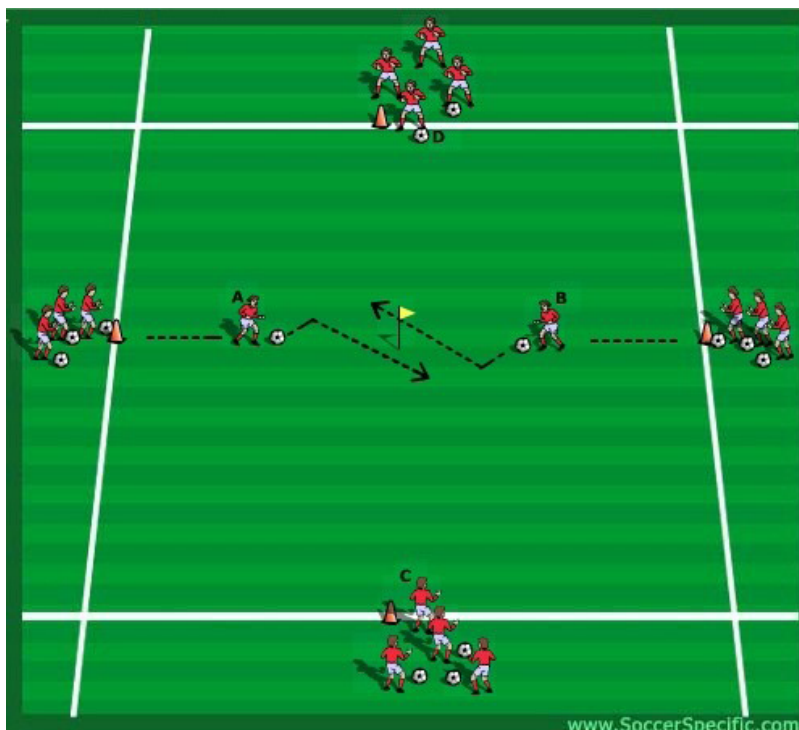
Players move freely dribbling inside the playing area. Players must concentrate on avoiding each other as well as the cones. Allow players to build up the tempo of the exercise over time. Players perform periods of static stretching throughout the warm up period. Time: 6-7 minutes.

Progression: Players dribble towards a cone. On reaching the cone players must perform a feint / fake and accelerate quickly past the cone for 5-10 yards. The cone acts as a stationary defender. Time: 4-5 minutes

Coaching Points:

1. Emphasize the use of feints / fakes.
2. Changes of speed must be used.
3. Accelerate past the cones and into space.
4. Be positive in attacking the cones.

Activity #1



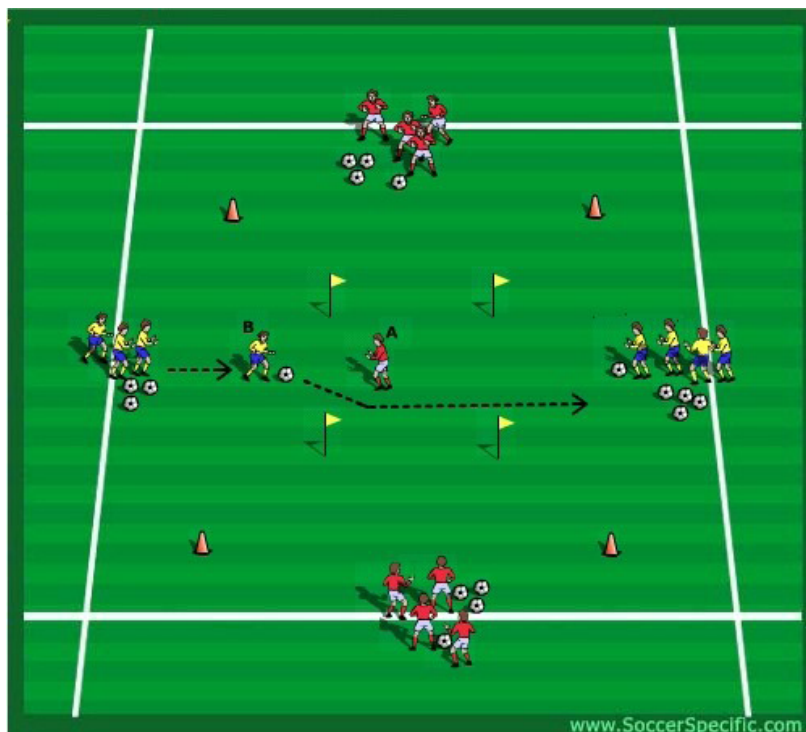
Players are divided into 4 groups and are positioned at the cones as shown in Diagram. A flag is placed as shown in the center of the grid. One ball for each player.

1. Players (A) and (B) dribble towards the flag. Approximately 2 yards from the flag each player performs a feint to the left before accelerating to the right of the flag.
2. On completion of the “move” the next two players (C) and (D) repeat the sequence.
3. Note: Players must fake to the same side and accelerate to the same side to avoid colliding (Ex) fake left, go right. Play is continuous for the designated period of time.

Coaching Points:

1. Players should also be encouraged to use other “moves”
2. Burst of speed past the flag – Accelerate!
3. Be direct – drive towards the flag and then accelerate.
4. Players must communicate with the opposite group to ensure that they start at the same time.

Activity #2



The squad is split into two teams (red and Yellow). The teams are positioned around the perimeter of a 20x20 yard grid as shown in Diagram. A smaller central grid (6x6 yards) is created using flags as shown. A supply of balls is placed next to each group.

1. One player from the Red team (A) begins inside the smaller central grid and acts as the defender as shown above.
2. The first player in line for the Yellow team (B) must attempt to drive at the defender, perform a “move” and dribble successfully through the central grid. If the player reaches his/her teammates on the other side the sequence is repeated with the next person in line.
3. Points are awarded for each player successfully making it through the grid.
4. The same defender remains in the central grid until he/she stops an attack.
5. If the defender intercepts or knocks the ball out of play, the roles immediately switch – the attacker becomes the next defender and must quickly react to the next attacker entering the play.

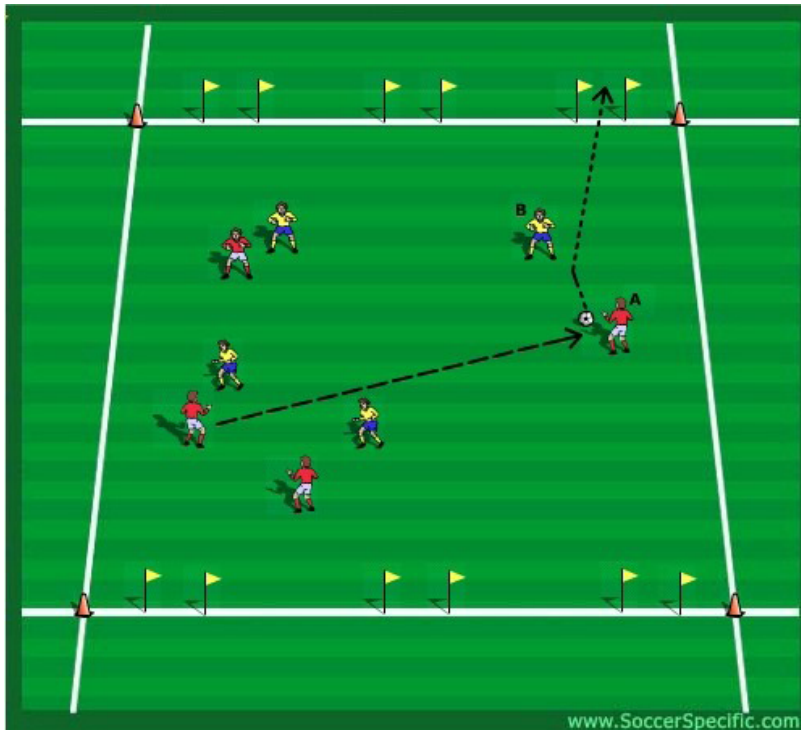


1. In Diagram above defender (A) has knocked the ball out of play. Player (B) becomes the next defender and must attempt to stop attacker (C).
2. The tempo of the activity must be high. Do not allow the opposition time to get ready – attack at speed. First team to 20 points wins. Repeat game as time permits.

Coaching Points:

1. Go at pace – accelerate past the defender.
2. Be positive in attacking.
3. Attack quickly – don't delay the attack with a lot of "moves"
4. Take chances.

Activity #3



A 4v4 is organized as shown in Diagram. Three mini goals are created with flags at each end of the playing area as shown. Repeat setup to accommodate the entire team.

1. Players compete for possession of the ball and attempt to score by dribbling through their opponent's mini goals. Players are encouraged to take advantage of 1v1 situations – take chances, try to isolate and beat the defender.
2. Diagram above illustrates player (A) isolating opponent (B) in a 1v1 situation.
3. Player (A) should attempt to take advantage of the situation by driving aggressively to goal.

Activity #4



An 8v8 plus goalkeepers is organized as shown. Playing area is 44 x 60. The pitch is divided into 3 zones as shown. The end zones (final third) are 18 yards from goal.

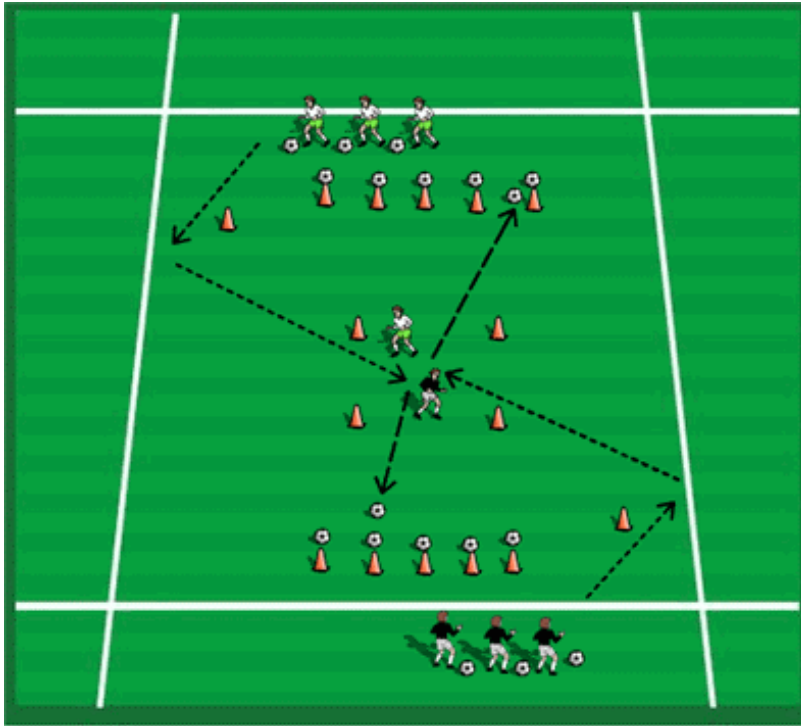
1. Both teams compete for possession of the ball and attempt to score in their opponent's goal. The only restriction is as follows:
2. If a player dribbles into the opponents final third of the pitch no passing is allowed. Therefore if a player enters the final third he/she must be direct and go for goal.
3. At the start players may make poor decisions and dribble into the final third even when heavily outnumbered. This usually results in a loss of possession. As the exercise progresses players will begin to make better decisions in relation to the best time to attack.
4. Diagram illustrates a "good" time to attack. Player (A) has received a pass from teammate (D).
5. Player (A) in a good position to drive into the final third since defender (B) has no immediate support.

Coaching Points:

1. Maintain possession until opportunities to attack develop. Isolate and attack defenders.
2. Be positive, take chances – go for goal!
3. Changes of speed, accelerate, go at pace.
4. Decision making – when to attack, when to pass, etc.

Final Game: 8v8 as above. No restrictions. Focus on all previous coaching points.

Session 28: Dribbling With The Ball



Objective: To Improve players dribbling technique, accuracy and weight of passing.

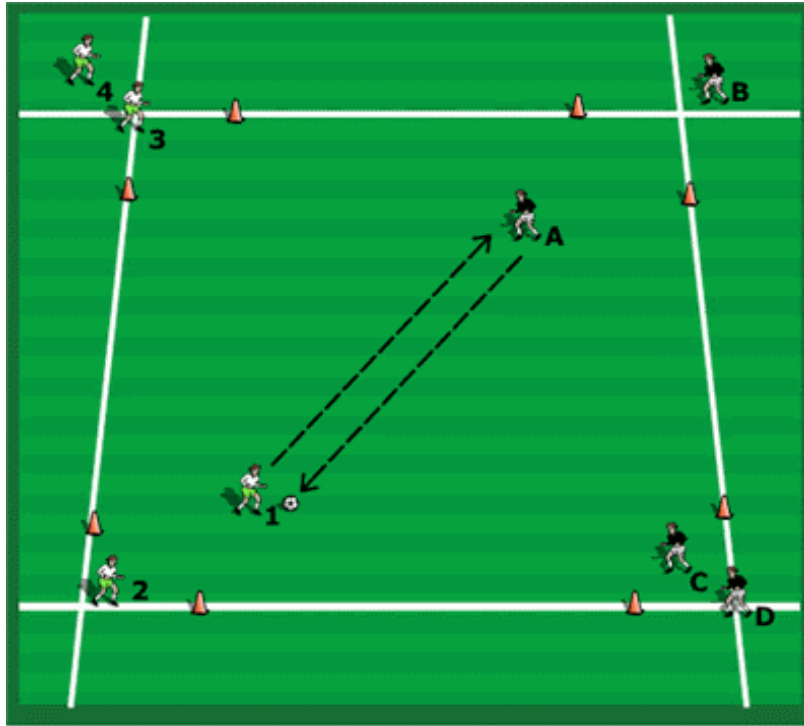
Organization:

1. Area 15 x 10
2. 2 Teams of 4-6 Players
3. Each Team has 5 small discs with 5 soccer balls on top of them.
4. A box in the middle marked out by 4 cones 5 x 5
5. A cone is placed 10 yards at the side of each Team.
6. Players have to dribble the ball around the cone, and take the ball into the box.
7. Players then have to pass the ball and attempt to knock the balls of the cones.
8. The team that knocks all the balls of the cones is the winning team.

Key Coaching Points:

1. Passing with the inside of the Foot, Use Both Feet.
2. Lock Ankles
3. Pass through the Middle part of the Soccer Ball,
4. Correct Weight and Speed of Pass / Have good accuracy on the Pass

Session 29: Attacking In A 1 V 1, 2 V 1 And 2 V 2

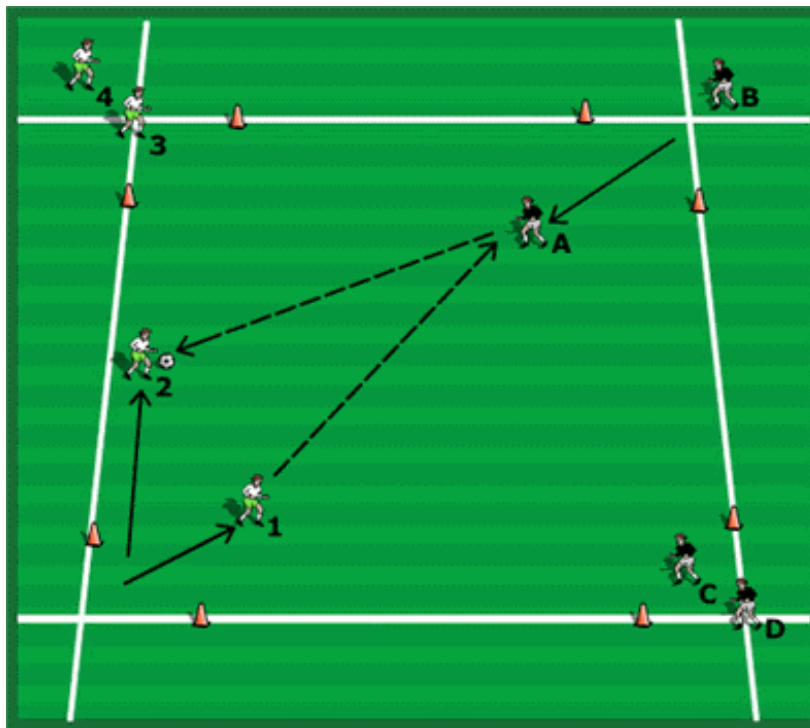


1. Attacker (1) passes the ball to the defender (A) and gets a pass back and play begins. Do one pair at a time to begin.
2. Attacker (1) tries to score through defender (A)'s goal. If the defender wins it then they have to try to score through the attacker's goal (reward for winning the ball). All players get the chance to attack in a 1 v 1.
3. Encourage the players to use dribbles, turns and tricks they have learnt

Progression:

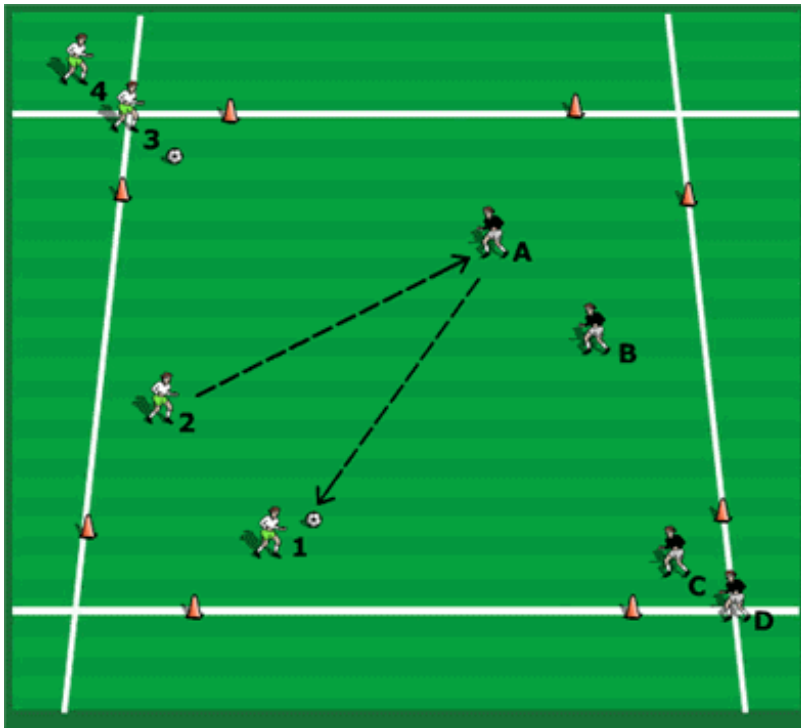
1. Have two pairs going at the same time diagonally opposite so they need to be aware of the positions of the other pair playing in the same area, this develops awareness of their surroundings in regards to player positions and space availability.
2. This is now an intensive session with players working once, and then resting once at a ratio of 1:1. Correct the faults step in and demonstrate to show the players what it does if required, demonstration is better than explanation.

Attacking In A 1 V 1



Here we have a 2 v 1 situation. The two attackers can stretch out and make it difficult for the lone defender to mark them. If they stay together they make it easier to mark both of them unless they come together to affect an overlap or another combination play. The player on the ball has to draw the defender to them and in effect ensure their teammate gets into space and in a free position to receive.

Attacking In A 2 V 2 Situation

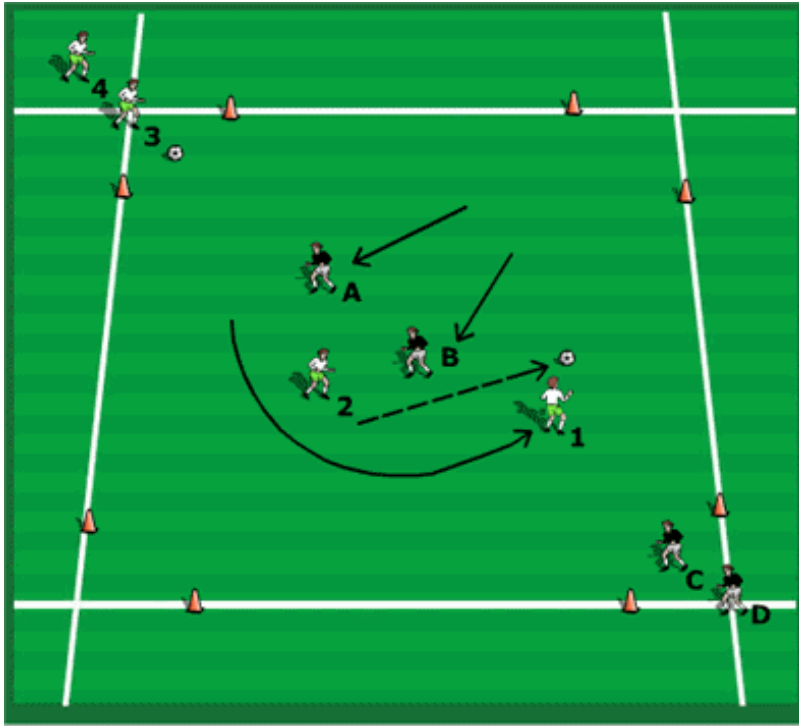


Attacker (2) passes the ball to defender (A) who passes to attacker (1) and play begins.

Combination plays should be tried here, wall passes, takeovers, overlaps and so on.

Progression: Two games of two v two in the same area developing awareness of player positions and space availability, getting players to look up and observe around them, not just focus on the ball.

Creating An Overlap In A 2 V 2

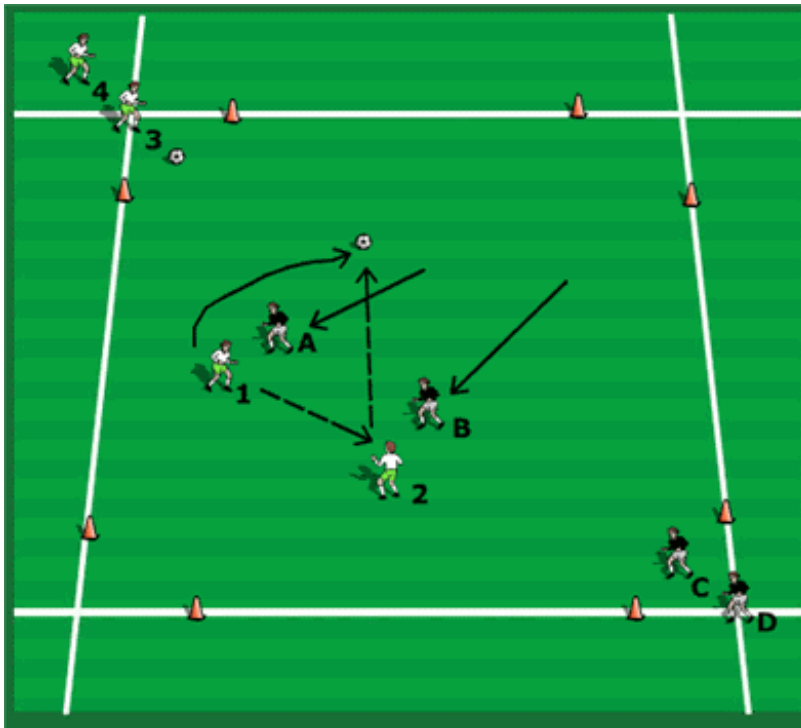


The attackers (1) and (2) perform an overlap move. (2) Passes to (1) then makes the overlap run to receive the pass back. They are trying to make a situation where they isolate defender (B) and create a 2 v 1 in their favor, at the same time getting away from defender (A). If (A) were to track (2) then (1) can use the overlap as a decoy and attack (B) in a 1 v 1.

Coaching Points in an Overlap:

1. Create Space – Receiver brings the ball inside to create space outside for the overlapping player, particularly in a wide area of the field.
2. Communication – Overlapping player calls “HOLD”.
3. Timing of the run – When the receiving player is faced forward.
4. Angle of the run – Wide away from the defender.
5. Timing of the pass – Into the path in front of the overlapping player with correct weight so the overlapping player does not have to break stride.
6. Decoy or pass – Instead of passing use the run to take a defender away from the space inside and come inside with the ball.

Give And Go

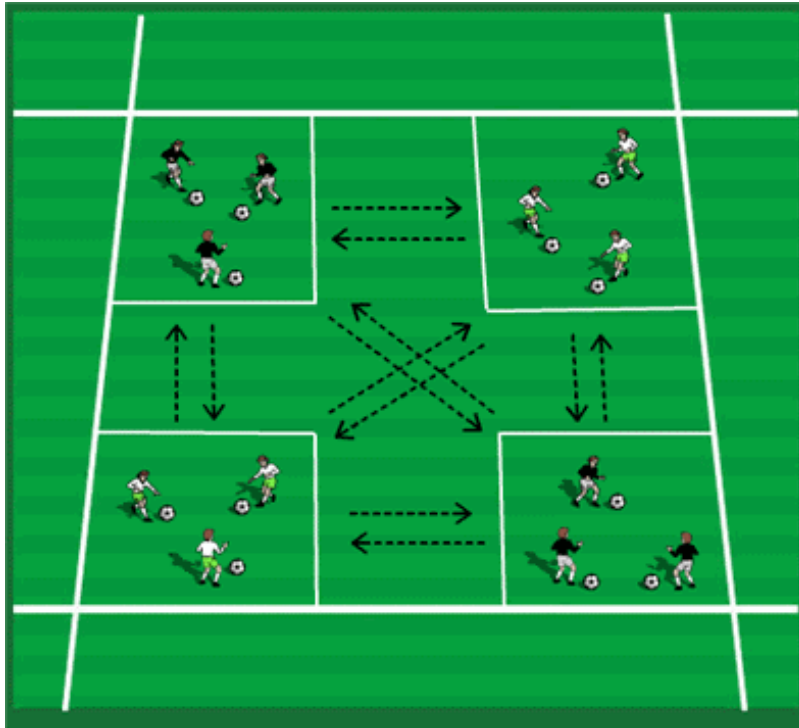


1. Creating and executing a wall pass in a 2 v 2 attacking situation.
2. Here attacker (1) draws defender (A) close to create space in behind this player. Attacker (2) supports at an angle to offer the chance of a pass and makes a one touch wall pass in behind (A). (1) Makes the overlap run around (A) at pace.
3. (2) must make the pass before (B) has a chance to intercept it.

Coaching Points in an Overlap:

1. Run straight at the defender
2. Use outside of the front foot to pass for deception
3. Quality of the pass (especially the timing, not too far away so a defender could drop off and cover the run or too close so a defender can intercept)
4. Quality of One touch layoff by supporting player (outside opposite foot is best to open up the angle of the pass)
5. Quality of First touch reception and ensuing pass.

Session 30: Using Dribbling Games To Improve Individual Dribbling Skills



Ball each player split into four groups dribbling in their own grid practicing designated dribbling moves and turns. On the command of the coach they dribble as fast as they can to another grid avoiding other players by dribbling through them. Make it competitive by having the first three players in a grid with their foot on the ball as the winners.

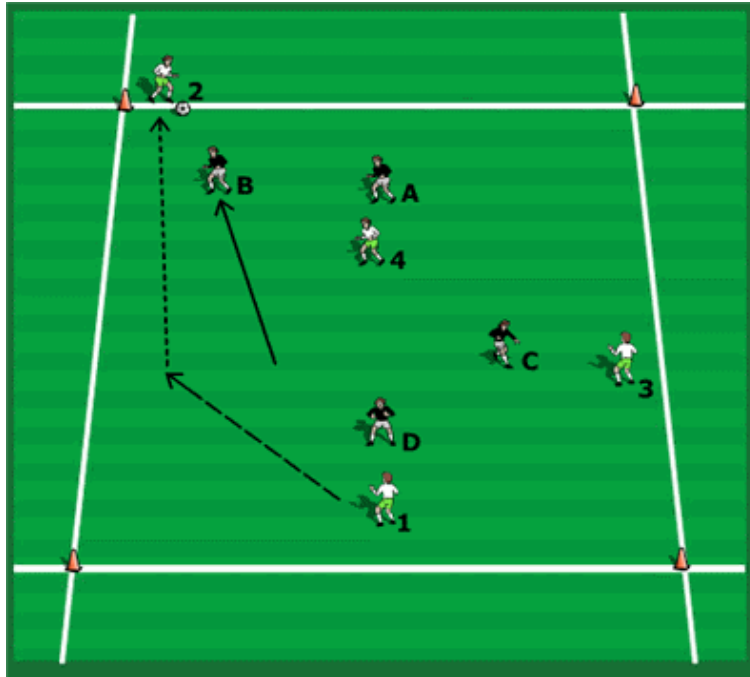
Coach stands in the middle, 3 go at once and cut to the next group continue dribbling in that group till it's their turn again. Coach can determine the cut with the outside of the foot, inside of the foot, full turn away from pressure (inside or outside of foot), Dummy step over, drag back and turn (ball behind other foot), step over and take. Rotate so they go both ways.



One team, a ball each, the other team players try to win a ball and keep it. A player can win any ball off any of the other team's players. Once a player has lost the ball they have to try to win one back off another player. After a time period see which team has the most soccer balls. This is very competitive and the players get a chance to practice dribbling and running with the ball, shielding the ball from defenders.

Focus on the matthews, scissors; rivelino and double touch dribbles from the previous weeks (or your own ideas).

Dribbling Game



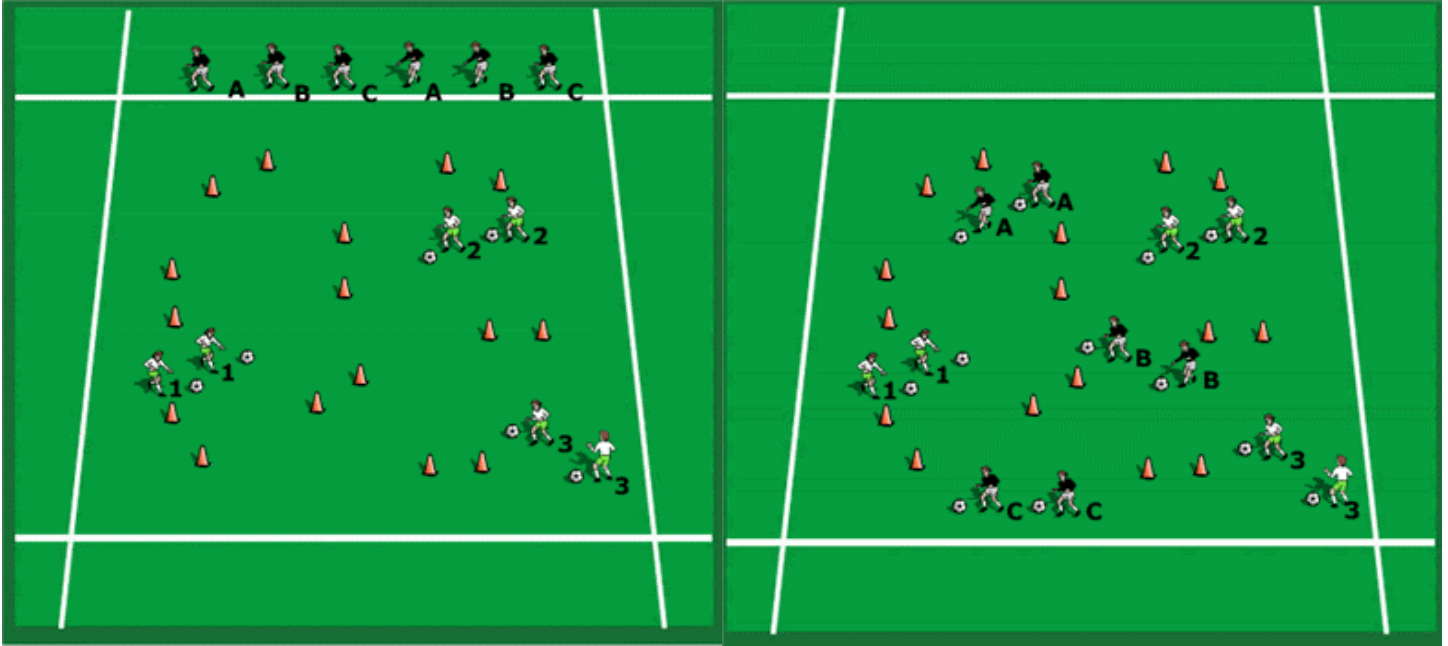
No goals are used. To score, a player must dribble the ball under control over the goal line. Looking to encourage 1 v 1's, work on improving ball control with quick movement. This is decision making to improve when and where to dribble. This practice can be applied with the same principles with larger numbers of players such as a 6 v 6 etc.

Coaching Points:

1. Creating Space – For you to receive the ball.
2. Decision – When and where to dribble (less likely in the defending third, most likely in the attacking third).
3. Technique – Tight Close Control on receiving the ball, use of body to dummy an opponent, ability to change pace and direction, established dribbling skills, a positive attitude to beat the player.
4. Runs of Teammates – To support or to take opponents away to leave a 1 v 1 situation.
5. End Product – beating an opponent in a 1 v 1 situation.

Whilst with the Awareness program I am encouraging players to make quick observations and quick decisions often resulting in a player passing the ball early to avoid being caught in possession it also helps players who are good at dribbling by enabling them to identify situations in advance to allow them to get in a good Position to take a player on in a 1 v 1 situation. This could include opening the body up to receive and face up to an opponent, seeing the immediate opponent has no cover on so you can attack 1 v 1, seeing where the defender is early and identifying the best side to attack, seeing you have no support so have to attack 1 v 1 etc.

Shadow Dribbling Games



1. Players in pairs, a ball each one has to shadow the other making the same movements. Lead players try to lose their shadows that must try and touch the leader. Rotate positions.
2. Movements include dribbling with the outside of the foot only, the inside only, left foot right foot only, turn and face your shadow and dummy them etc.
3. Have the lead player face up to their shadow and throw a feint to get away again.
4. Try all players in at once to cause congestion so players need to watch their leader but also be aware of where other players are (improves peripheral vision).
5. Introduce the kick out game for some fun; keep possession of your own ball kick someone else's out the area. Make it free so you can kick anyone's ball out, the players are working for themselves. Have three chances each player, once out three times then the outside players must juggle with the ball to keep involved in some practice.

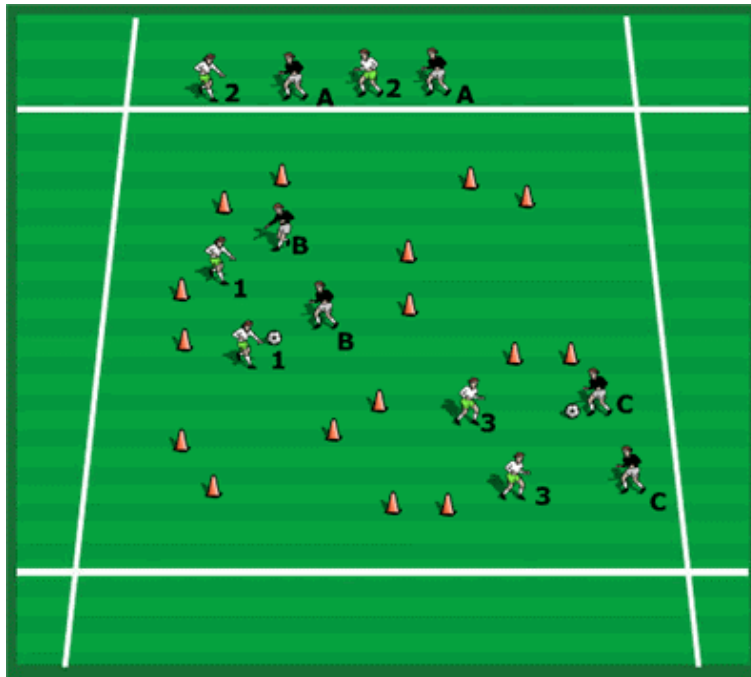
1 v 1



1 v 1's with eight goals to score in. This is an intensive workout where each player must try to keep possession of the ball and at the same time score by dribbling through a goal. They work for two minutes and count the number of goals they score through the various goals.

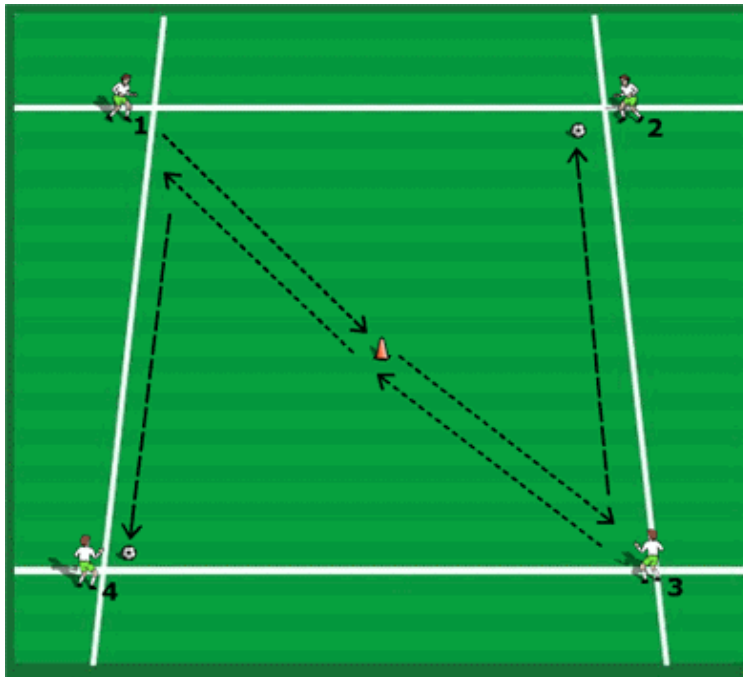
Each player tries to gain possession of the ball. Once their time is up they get a chance to recover whilst the other group goes.

2 v 2



1. Two games of two v two played at the same time. (1)'s play against (B)'s and (3)'s play against (C)'s. Rotate. (2)'s then play against (A)'s whilst the first 2 groups have a rest.
2. Same idea scoring through the goals but players can pass through them to their teammate and that counts as a goal as well as dribbling through them.
3. Introducing passing, support play, switching play, 1 – 2's, crossovers etc as well as when and where to dribble.
4. Build up to two 3 v 3 games then finish with a possession game with eight goals to score in playing 6 v 6.

Session 31: Dribbling, Turning And Passing In Fours



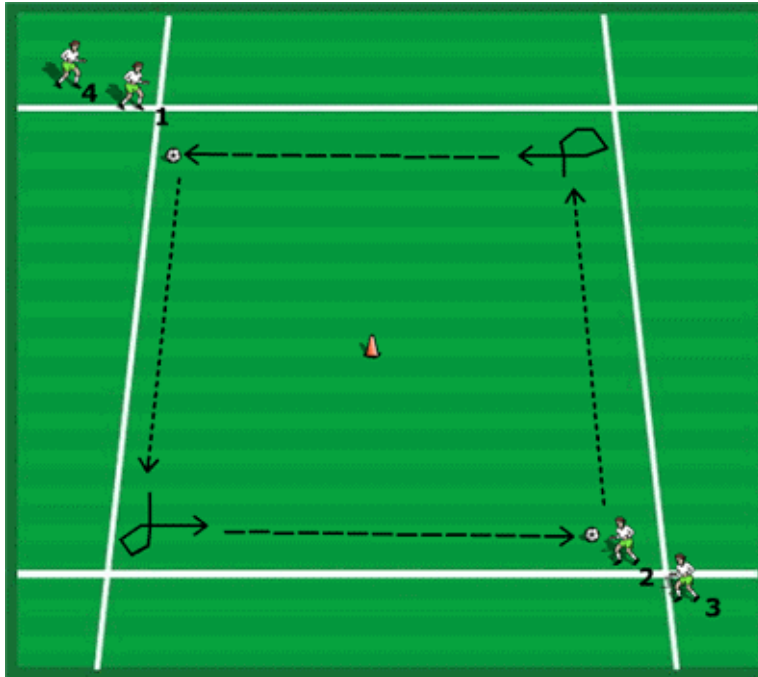
In fours have two players go together then they pass to another player and then the next two go.

Now we are doing dribbling, turning and passing the ball. (1) And (3) begin the runs, and pass to (2) and (4) who continue the movement.

Coaching Points:

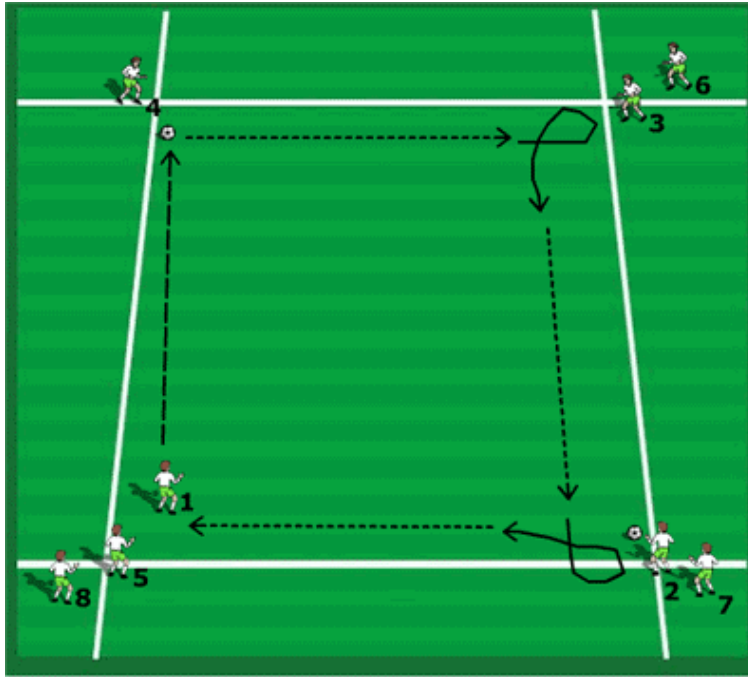
1. Observation / Awareness: Play with their heads up
2. Quality of Dribbling technique
3. Quality of Turn
4. Quality of pass (weight, accuracy, timing)

Dribbling, Turning And Passing In Fours



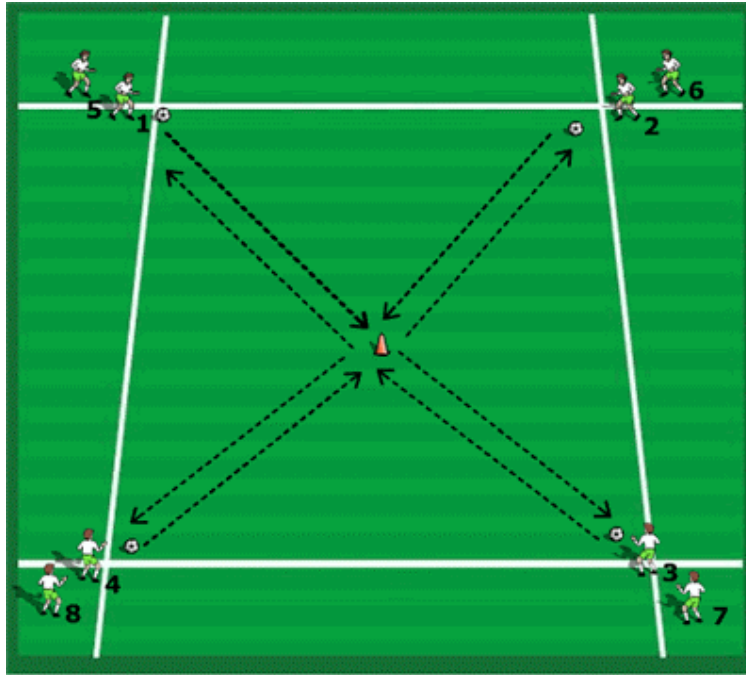
1. Two balls again, two players working at the same time, now they perform a dribble to the next station, a spin off and then a pass to the next player. Try to have the player's co-ordinate this movement in their two's so they are doing it all at the same time.
2. Do the spin offs with the inside of the right foot one time, the outside of the right foot the next time, then the inside of the left foot and outside of the left foot, ensuring the players practice turning with both feet and both the inside and outside of the feet. Encourage the players to use as few touches as possible to keep this a smooth action. Go both ways (clockwise and anti-clockwise) around the grid so all the above are practiced.
3. A spin or twist off turn is simply doing a circle with the ball and then advancing in the changed direction. It is usually turning away from a defender. Introduce other turns, step over, inside and outside cut, Mathews, and so on.
4. Same coaching points as previously shown.

Dribbling, Turning And Passing In Fours



1. (1) runs across the field with the ball and makes two twist off moves at the next two corners then passes back to where they came from for the next player to begin.
2. At the same time the player in the diagonally opposite corner starts with a ball, in this case (2), and does the same movement.
3. Two balls going at the same time ensures lots of practice for all the players in running with the ball and turning.
4. Work this practice both clockwise and antis clockwise to ensure both feet are used in the turns and both the inside and outside of both feet are used.

Technical Development: Dribbles And Turns

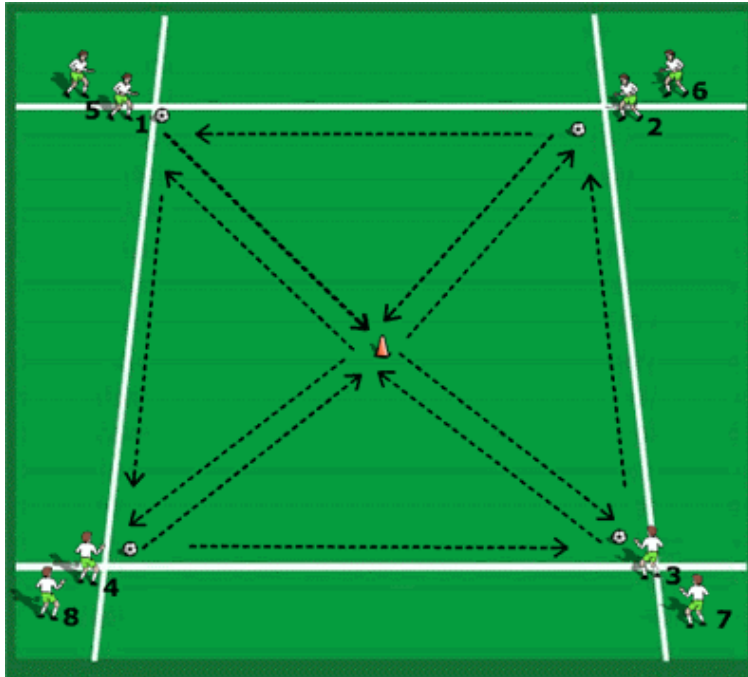


Practicing turns in the middle at the cone, four players working together. Base the number of stations on how many players you have, put them in pairs and whilst one works, one rests, so they all get lots of work with the ball.

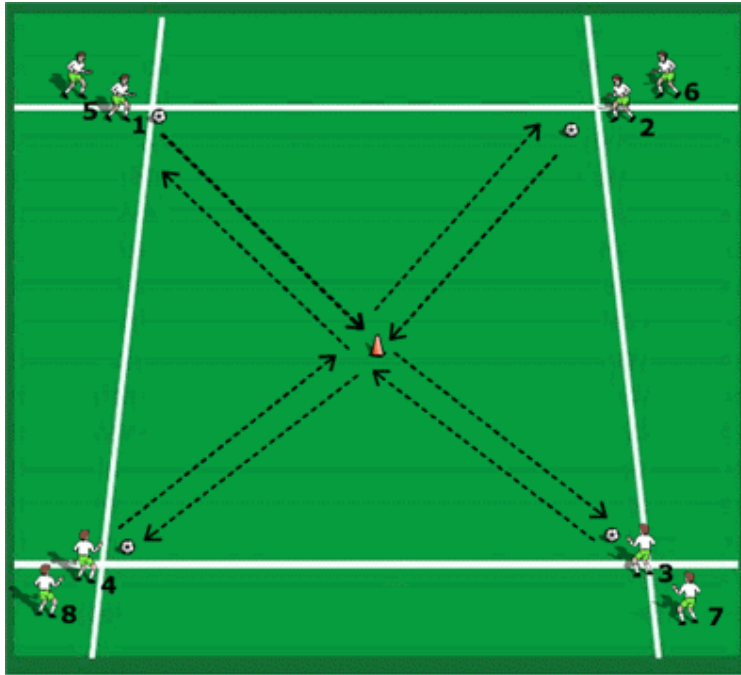
Each player has to do so many turns then pass to their team mate, the coach can determine how many and what type, perhaps a different turn each time. It is noncompetitive to begin then take it into a race when the players have the ability to perform the turns well.

Coaching Points:

1. Observation / Awareness: Play with their head up
2. Running with the ball under control
3. Quality of Turn
4. Quality of pass (weight, accuracy, timing and pace so it is easy for the next player to take forward with a good first touch)



1. Running in a triangular direction back to their own station, this is now three runs instead of two each time with two changes of direction.
2. Keep the numbers at each station low, in pairs is the best to ensure all players get plenty of work on the ball and the training is intense.
3. If you want to keep it intense, have the player waiting to go with a ball also and have them moving the ball between their feet, fast touches with the inside of the feet, right and left, very quickly to get lots of touches whilst they wait.
4. Same coaching points as previously shown.



Players dribble with the ball to the middle cone then change direction with a turn to the next station and join the next team.

Progression: They do the same run but then work their way back to where they started and their teammate goes.

Competitive: Each team of two can do this a certain number of times to see who the winner between the four teams is.

The coach dictates which turns they practice or the players can work on certain turns they need to improve on.

The distance between the stations and the middle cone will determine whether they are practicing dribbling and turning or running with the ball and turning, the longer runs focuses more on running with the ball, fewer touches covering a bigger distance. The same coaching points as we have previously shown.