

POSSESSION DRIBBLING PRACTICE #1

1. I can do this... can you?

Coach demonstrates any skill and the players attempt it. This may or may not incorporate a ball or a soccer skill. For example: you may toss a ball up in the air and clap twice before catching it or roll the ball with your hands between your legs. Next have each kid show you something they can do and have the group attempt it.

2. Demo dribbling

Show players the different parts of the foot that they can use to dribble the ball—instep (top or laces), sole (bottom), inside, and outside. Make sure they understand that they are NOT to use their toe. In an appropriate size square have them dribble the ball using only the part of the foot that you just demoed. You may also have them use only one foot (left or right) to dribble with.

Coaching point: Emphasize that players must keep the ball close to them and under control. They should not run into any other players or go out-of-bounds.

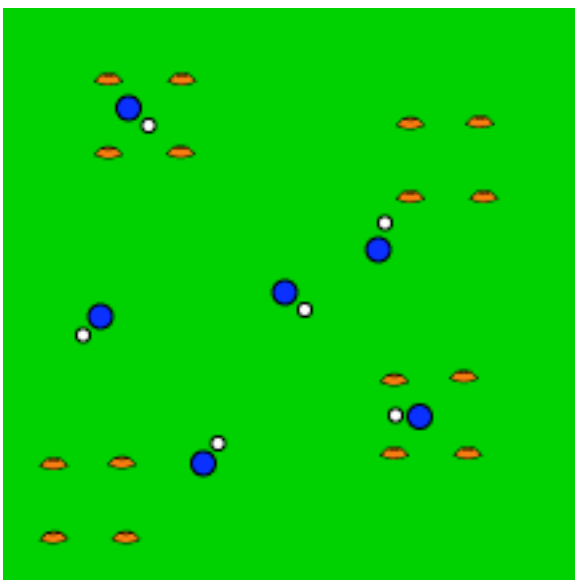


3. Body parts dribble

Now have the players dribble with no restriction but when the coach calls out a body part they have to stop the ball with that body part as soon as possible. Calling out forehead is always fun.

Coaching point: Make sure the players keep the ball close so that they can stop it as soon as a body part is called.

4. Islands



In a large square set up 4 to 6 small squares or “islands.” See how many islands players can visit and do a 360 degree turn using either a. the inside of the foot or b. the outside of the foot in one minute.

Additions: Try other simple moves such as the pullback. See who can visit all islands and return to the start the fastest.

5. Islands tag

Coach is it. Players can only be tagged if they are in the “ocean;” islands are safe areas. If they are on an island they must do a 360-degree turn and then return to the ocean. If tagged a player must do some skill or activity before returning.

Alternatives: 1. Coach kicks the players’ balls off the ocean and players must retrieve it. 2. Players are allowed to stay on the islands to the count of five, after which they must return to the ocean. 3. Have players be it.

6. Scrimmage

2 v. 2, 3 v. 3, or 4 v. 4 to goals.

Components of (Possession) Dribbling

- ⊗ Ball needs to be kept close and under control
- ⊗ Dribble using all surfaces of the foot (but not the toe)
- ⊗ Use both feet
- ⊗ Players should be on their toes
- ⊗ Dribble away from pressure (other people)