



# Practice 3

## Dribbling

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## Practice

### Warm Up

Every player needs to have a ball. Have each of them dribbling in a 15 x 15 yard area. Have them keep the ball close to their body. Give them different commands including: dribble with just your right foot, dribble with just your left foot, inside only, outside only. After 5 minutes have them stop and do some stretching with the ball (for example: move the ball around their waste, around their legs, over their head...like basketball)

### Technical Skill Development

Have the players in groups of two standing together at a cone and have another cone about 20 yards away. Have them number off as either #1 or #2. Give the instruction as to the skill you will practice (dribbling with right foot only) and then say go to #1. Have #1 dribble around the cone and back and then have #2 do the same. This allows for rest and allows them to watch each other. Have them work on

technique and not speed. (10-12 minutes)

Have them play a game of Knockout. This game requires every player to have a ball and all players should be in a 10 x 10 yard area or a little larger. When you say "GO" the players while dribbling their own ball try to kick out someone else's ball. If their ball gets kicked out of the area you can have them do 3 push ups and then they can re-enter the area and start again. Eventually once they are out they can stay out and you will eventually get a winner. (5-8 minutes)

### Practical Application

Without any area restrictions have players pair up with one ball. One player starts with the ball and can dribble anywhere. The other player tries to win the balls off him/her. They continue dribbling and fighting for the ball for 1 minute. Then have them find a new partner and do it again. This can go on for 5-8

minutes.

Next, set up a goal with a goalie. Have the players line up beside you in two lines about 25 yards from the goal. Hold the ball in your hand and the first two should be on either side of you. Throw the ball out a few yards and have them both race to the ball and try to score...they are against each other. (8-12 minutes)

### Game Play

Make a field with two goals and have them play. Encourage them to dribble and take on players. (15-20 minutes)

### Cool Down

Have the players dribble the balls as you did in the warm up for 2 minutes and then a group stretch. (3-6 minutes)

### Equipment

Balls, cones, and pinnies

## Themes

Passing and Controlling 2

Dribbling 3

Turning with the Ball 4

Shooting 5

Crossing 6

Thigh, Chest, and Head 7

Possession 8

## Dribbling Thoughts

- Encourage dribbling
- Try to get the players to dribble with lots of speed
- Let players have freedom to express themselves through dribbling
- Teach them to find the balance between dribbling and passing
- Get them to dribble with all parts of the foot (except the toe)

## Dribbling Ideas

Dribbling is a very individual activity. Every player will and should look a little different when they dribble, though you want them all to become confident and effective dribblers with the ball. At the youngest ages don't discourage players from dribbling because it is something they love to do and they will become discouraged if you al-

ways tell them to pass the ball.

Things you can have them do:

1. Dribble with speed keeping the ball close to their body
2. Dribble with speed kicking the ball ahead of them 5 yards at a time
3. Dribble slowly but touch the ball as many times as possible
4. Dribble with different parts of the foot
5. Dribble straight ahead
6. Dribble back and forth with lots of direction changes