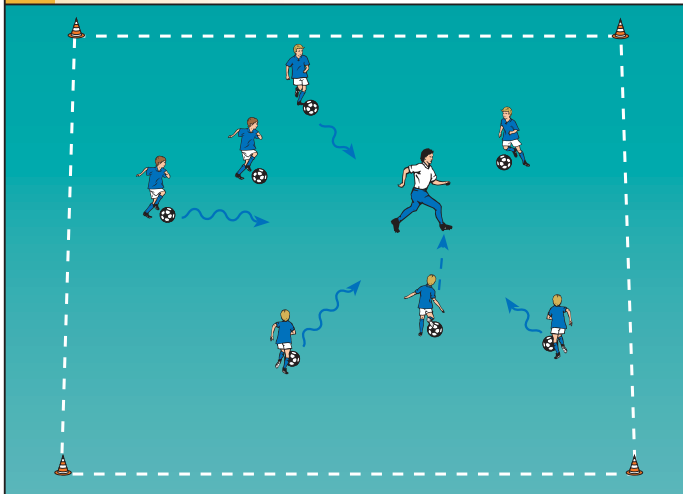


## EXERCISES FOR DRIBBLING CLOSE TO THE FOOT

### 1 Shoot the coach! (ages six to 10)



#### Setup

- Players play on an 8 x 8-yard field; each one has a ball.
- The coach runs around on the field at an easy pace.

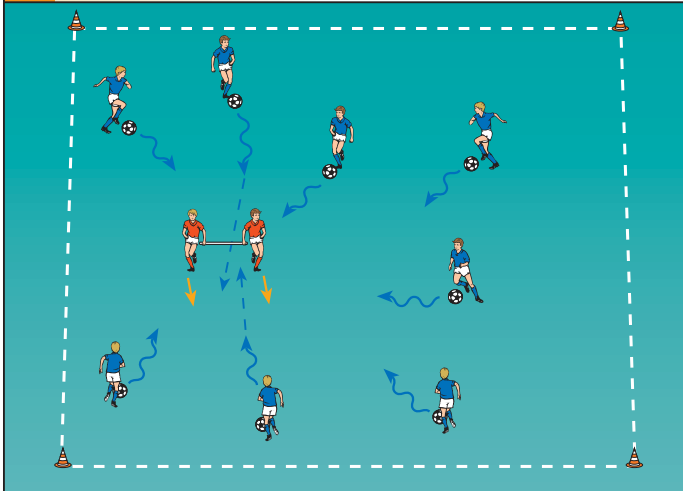
#### Sequence

- Players dribble, following the coach and trying to get into a good position to “shoot” him.
- The coach runs in such a way that players succeed most of the time.  
Variation: The coach dribbles a medicine ball that players have to shoot.
- The winner is the player who can score the most goals in eight minutes.

#### Note

Players are forced to look up from the ball so that they don't lose track of their target. They have to keep the ball close to the foot so they can react immediately to changes of direction. The best shooting technique is to use the inside of the foot.

### 2 Moving target (ages 10 to 14)



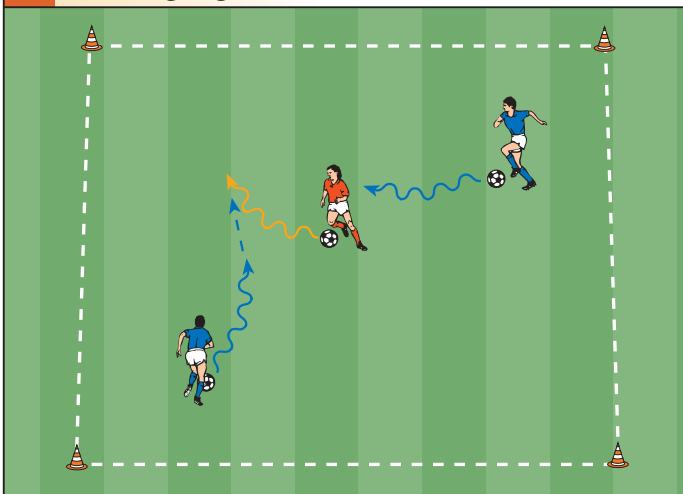
#### Setup

- All but two players get one ball each.
- These two players hold a pole or a taut rope at hip level while running around on the field (15 x 15 yards), acting as a moving goal.

#### Sequence

- Players try to score as often as possible by shooting the ball through the goal.
- The two “goalposts” try to keep them from scoring and are also allowed to kick unprotected balls away. They switch roles with the dribblers every two minutes.
- The winner is the player who can score the most goals.
- Players have to constantly keep an eye on the goal and keep the ball close so they can react to changes of direction. This also protects the ball from getting kicked away. As above, the best shooting technique is to use the inside of the foot.

### 3 Ball tag (ages 14 to 18)



#### Setup

- Players form groups of three; each group plays on a small field (six yards square). Each player has a ball.

#### Sequence

- The two outside players in each group try to hit the middle player's ball with theirs.
- The middle player shields his ball and uses changes of speed and direction to protect it without leaving the field.
- An outside player who hits the middle player's ball becomes the new middle player.
- After eight minutes, which player was middle player the longest?

#### Note

This game (also good for relieving mental stress) requires players to keep the ball extremely close while simultaneously monitoring their opponents.