

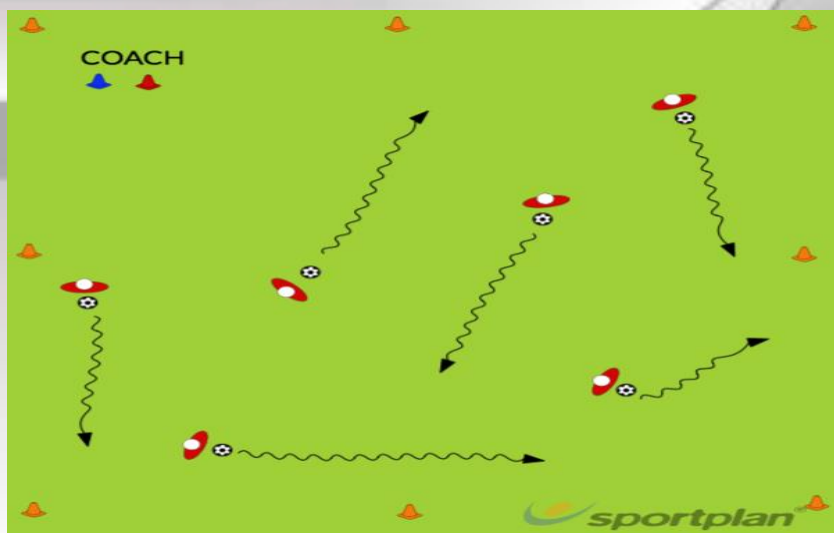


UK International Soccer



SESSION TOPIC: DRIBBLING WEEK 1

DRILL 1: COLORED CONES



ORGANIZATION:

SET OUT A 40 X 40 YARDS PLAYING AREA. ALL PLAYERS HAVE A BALL EACH AND ARE TO DRIBBLE AROUND THE AREA. THE OBJECT OF THE GAME IS TO WATCH THE COACH AS HE MAY HOLD UP A COLORED CONE. IF HE HOLDS UP A BLUE CONE THE PLAYERS MUST DRIBBLE ONLY USING THEIR RIGHT FOOT AND IF A RED CONE IS HELD UP THE PLAYERS MUST USE JUST THEIR LEFT FOOT. PLAYERS MUST NOT BE LOOKING AT JUST THE BALL, THEY MUST DRIBBLE WITH THEIR HEADS UP.

COACHING POINTS:

1. ENCOURAGE PLAYERS TO KEEP THE BALL CLOSE AND CHANGE DIRECTIONS QUICKLY
2. KEEP HEAD UP AS OFTEN AS POSSIBLE AND LOOK FOR THE COACH
3. ENCOURAGE PLAYERS TO USE BOTH FEET AND DIFFERENT PARTS OF THEIR FEET
4. PRACTICE PRACTICE PRACTICE

DRILL 2: THROUGH THE GATES



ORGANIZATION:

SET OUT A 30X30 PLAYING AREA. HAVE PLAYERS SPREAD OUT WITH A BALL EACH. PLACE CONES INSIDE THE GRID MAKING SMALL GOALS (GATES). MAKE SURE THERE ARE MORE GATES SET UP THAN PLAYERS. EACH PLAYER COUNTS HOW MANY GOALS THEY CAN SCORE BY DRIBBLING THROUGH THE GOAL. AFTER EACH GOAL, EACH PLAYER MUST MOVE TO ANOTHER GOAL TO TRY AND SCORE AGAIN.

COACHING POINTS:

1. KEEP THE BALL CLOSE TO THEM AND CHANGE DIRECTION QUICKLY
2. KEEP HEAD UP AS OFTEN AS POSSIBLE
3. ENCOURAGE PLAYERS TO USE BOTH FEET AND DIFFERENT SURFACES OF THE FOOT
4. DRIBBLE AT SPEED
5. PRACTICE PRACTICE PRACTICE