



UK International Soccer



SESSION TOPIC: DRIBBLING WEEK 2

DRILL 1: THROUGH THE GATES



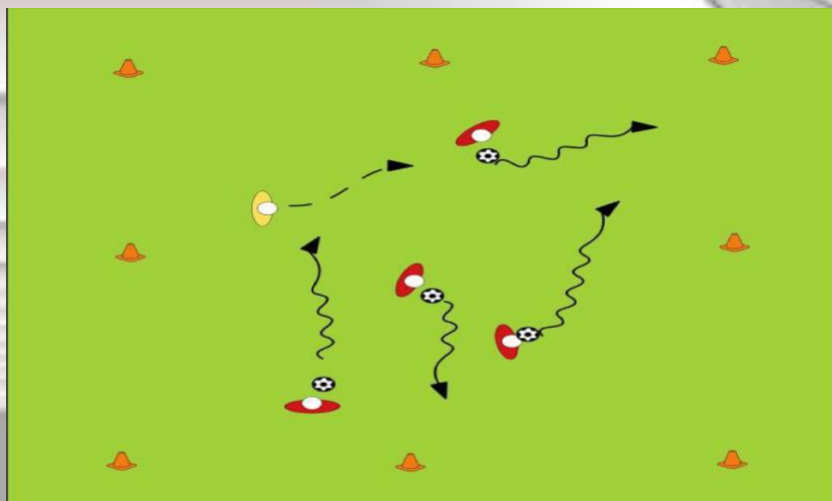
ORGANIZATION:

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

DRILL 2: STUCK IN THE MUD



ORGANIZATION: SET OUT A 20 X 20 GRID. ALL THE PLAYERS HAVE A BALL. ONE PLAYER IS DESIGNATED THE TAGGER AND SHOULD STAND WAITING ON THE OUTSIDE OF THE GRID, WHILE THE GROUP OF PLAYERS POSITION THEMSELVES IN A SPACE WITHIN THE GRID. THE TAGGER MUST ATTEMPT TO THROW A PENNY AT ALL THE PLAYERS' BALLS INSIDE THE GRID WHILE MAINTAINING CONTROL OF THEIR OWN BALLS. WHEN A PLAYER IS CAUGHT THEY MUST PICK UP THEIR BALL AND SHOUT FOR HELP. THEY CAN BE FREED BY ANOTHER PLAYER IF A BALL IS PASSED BETWEEN THEIR LEGS. PUT A TIME LIMIT ON THE GAME. THE WINNING TEAM ARE THE TAGGERS WHO CAN FREEZE EVERYONE IN THE QUICKEST TIME. ROTATE THE INSIDE PLAYERS EVERY 2-3 MINUTES. COACH SHOULD BE THE TAGGER FIRST TO ENCOURAGE ENGAGEMENT BETWEEN THE COACH AND PLAYERS.

COACHING POINTS:

1. CLOSE CONTROL AND BALL FAMILIARITY – KEEP THE BALL CLOSE TO YOU
2. HEAD UP AS OFTEN AS POSSIBLE – KNOW WHERE THE DEFENDERS ARE
3. AVOID AND BEAT DEFENDERS WITH QUICK TURNS OR SKILLS
4. DRIBBLE AT SPEED