



Dribbling Warmup

Category: Technical: Ball Control

Difficulty: Beginner

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Description

Players are in a circle around the coach. Coach calls out different moves depending on what the topic of the day is (dribble/turn moves). Can be done in format like 'Simon Says' but instead 'Coach Says'

Players start stationary while working on certain move(s).

Players can dribble towards the coach in the middle then do a turn move back to the outside of the circle.

Players can dribble inside of the circle in any direction to work on moves while moving & keeping heads up.

Do a timed challenge to see how many of the move they can get in 60secs.

Can end with a freestyle portion to let kids dribble however they want.

U5-U6

Coach can call out body parts (players must touch that body part to the ball) or ask them to dribble inside the circle like a certain animal (cheetah = fast, sloth = slow)

Keep the ball close

Change of speed and direction

Technical move ideas:

- Toe touches (bottom of the foot touches)
- Foundation (inside the foot touches)
- In-Out (inside and outside the foot touches)
- Fake shot (acting like you will pass/shoot)
- Inside foot turn
- Outside foot turn
- Roll turn (bottom of the foot to turn)

U8-U10

Players that are more advanced can start to mix moves together for a challenge.

Body feints should be used

Change of speed and direction

Get your head up

Technical move ideas:

- Foundation
- Toe Touches
- Inside-outside single foot and switching between both feet
- Outside-inside single foot and switching between both feet
- U-Pull
- V-Pull
- Step-over
- Squeeze
- Scissor
- Roll-over
- Inside foot turn
- Outside foot turn
- Inside hook turn
- Outside hook turn
- Cruyff turn
- Roll turn
- Step-over turn

U11-U14

Challenge them to combine moves Ex: foundation to roll-over

Body feints should be used

Change of speed and direction

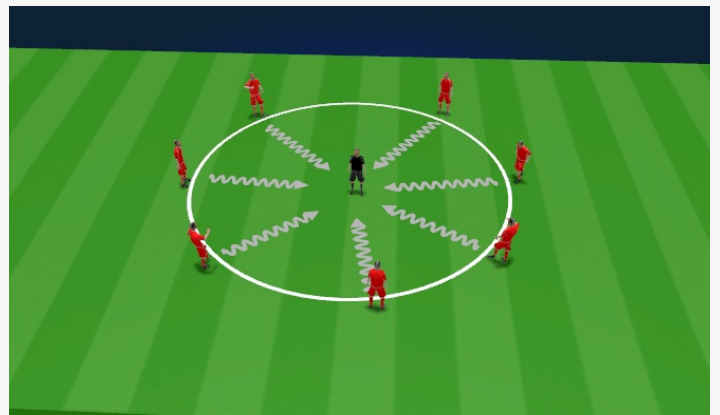
Get your head up

- Foundation
- Roll-over
- Scissor
- Step-over
- V-pull
- U-pull
- In-out single and both feet
- Out-in single and both feet
- Flick behind
- Inside hook turn
- Outside hook turn
- Cruyff turn
- Step-over turn
- Roll turn

Screen 1 (10 mins)



Screen 2 (10 mins)



Screen 3 (10 mins)

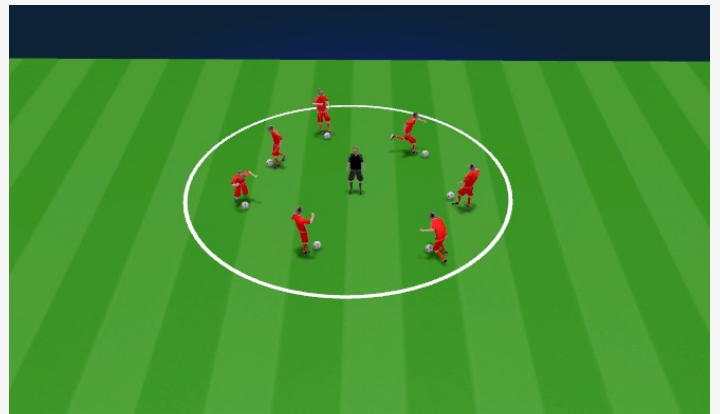


Figure 8 (5 mins)

Use the figure 8 dribbling to work on keeping close touches while dribbling at speed & making turns. Can be done with any of the skill moves.

