



## U11-U14 Dribbling Games

Category: Technical: Dribbling and RWB  
Difficulty: Moderate

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### Nintendo (10 mins)

#### Nintendo

Setup 3 or more cone gates 6-8 yards wide and about the same length from one gate to the next one. One defender will be standing in each cone gate. Remaining players will go one at a time trying to dribble past all the defenders. If the defender steals the ball then the attacker switches with the defender, the defender grabs their ball and goes in line to try to dribble past when their turn comes.

##### Variation 1:

Defender must stay on line and can only move side to side and cannot chase the attacker once past him. This version the attacker should have time before going to the next defender and should see more success. Cones gate can be made wider or narrower to make it easier or harder for the attacking player to get through.

##### Variation 2:

Defender can step forward and press the attacker but cannot follow them once they are past their gate. Once attacker is past one gate the next defender can step off his cone gate line and defend. This should be slightly more difficult but gates can be arranged to be wider or more narrow to make the difficulty appropriate based on success.

##### Coaching points:

- Change of speed & direction
- Can you be creative/try something new



### Knockout (10 mins)

#### Knockout

Players each have a ball within a small space and dribble around while other players try to knock their ball out of the zone while still keeping their own ball close by. Each minute as players are eliminated you should make the space smaller and smaller. Play for 3 mins and see who can keep their ball at the end.

##### Coaching points:

- Keep your head up & scan/check your shoulder
- Close quick touches
- Find the space



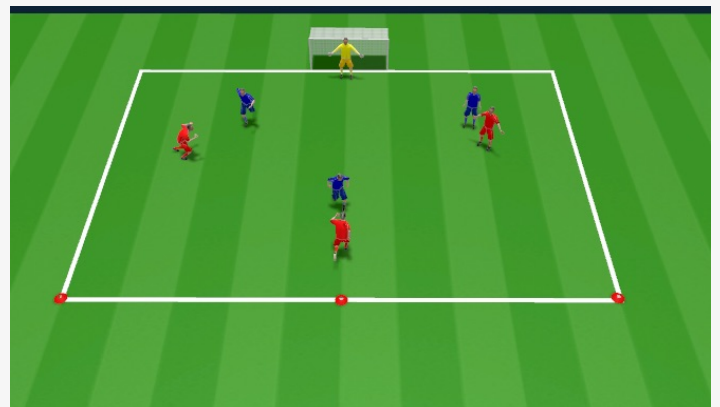
### Half Court Soccer (10 mins)

#### Half Court Soccer

Players are setup in front of goal within a 30x20 space (should be wider than it is long). Split teams up into two and have them free play looking for moments to go 1v1 and use their dribbling effectively. If defenders steal the ball they must dribble past the top end then turn around and go to goal.

##### Coaching Points:

- Quick decisions
- Head up & find the matchups
- Go at your defender



## Figure 8 Race (10 mins)

### Figure 8 Race

This is a relay race. Make enough lines to ensure only 3 players are in each line (1 working, 2 waiting). Players dribble in a figure 8 around the cones then play a pass to the next person in line after crossing the last cone. First team to finish wins. You can make players use only their weak foot, both feet, a certain move, etc. depending on what the coach wants.

Coaching points:

- Close quick touches when turning corners
- Slightly longer touches when you split cones before you need to turn again
- Use the inside/outside of the foot as you dribble.
- Keep your center of gravity low to be able to turn/shift quickly

