



## U8-U10 Dribbling Games

Category: Technical: Ball Control

Difficulty: Beginner

Gonzalo Sanchez

### Shield the ball (10 mins)

Setup several small boxes 8x8 yards. Players partner up and try to shield the ball from their opponent to keep the ball before the time runs out. Play for 30 second rounds and can be done tournament style with players who win moving up and players who lose staying where they are.

Proper shielding technique:

Side on and keep your center of gravity low

Stay in athletic position (knees bent)

Keep one arm out to shield the opponent from the ball

Keep the ball on the foot furthest from the defender

Coaching points:

- Opponent cannot full on push player but they can be physical or try to get around them to win the ball
- No extending the arm fully
- Use your opponents moment against them to turn or switch feet to keep the ball or to get around them to take the ball



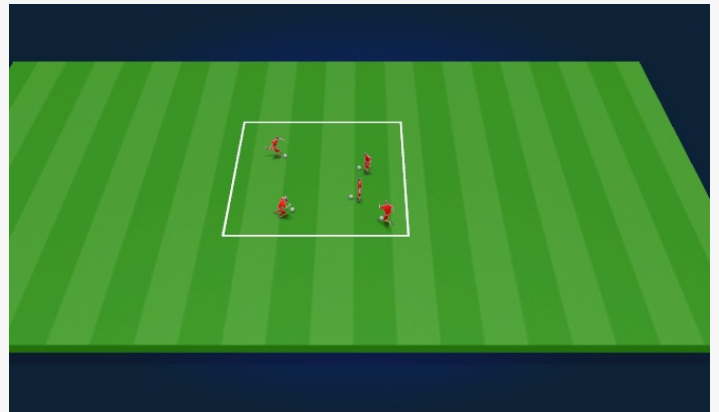
### Knockout (10 mins)

Setup a 20x20 space. All players have a ball at their feet moving freely around the space. Players can try to knock your ball out of the space while keeping their own ball close to them as to not let it get kicked out by other players. Play for 3mins, each minute make the space smaller as players will be knocked out as you play.

Whoever is the remaining player with their ball in the middle wins.

Coaching points:

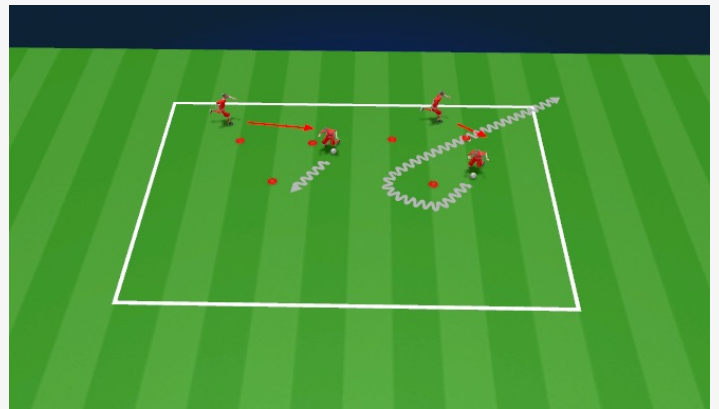
- Keep your head up and scan (check your shoulder)
- Close touches
- Change of speed and direction to get away



### 1v1 Tag (Dino Tag) (10 mins)

Setup triangles with cones about 3 yards apart from cone to cone. Players partner up and one person starts with the ball while the other is the chaser. Player with the ball must dribble around the triangle trying to avoid being tagged by the tagger. Players can run in either direction outside of the triangle (no going through the middle). This can be played as a tournament where players move up if they win and stay if they lose.

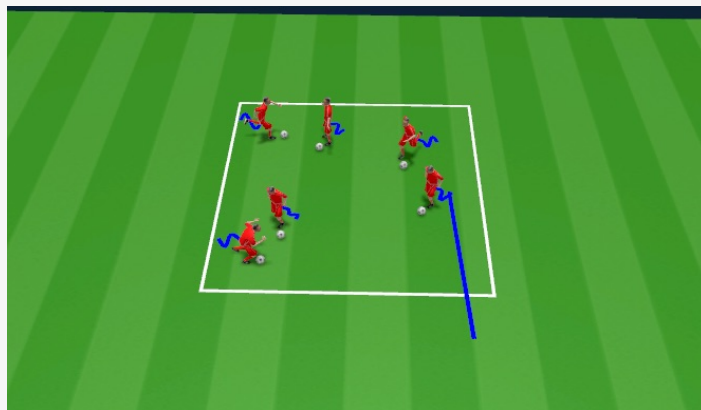
30secs-1min per round



## Duck Tails (10 mins)

This game is similar to knockout except players have a pinnie hanging from their waistband of their shorts. Everyone is trying to get as many duck tails (pinnie's) as possible within the time limit. Players can only steal one pinnie from each other at a time. Player who has the most at the end wins!

Play 1-2min rounds



## Island Hopping (10 mins)

Setup a 20x30 space with cone squares in each corner. Select 1-2 pirates to be the taggers in the middle. Players try to dribble from island to island without getting your ball stolen. If your ball is stolen/kicked out then you become a pirate (tagger). Last one to remain wins!

Play 3min rounds

