



Advanced Dribbling Session 1

Category: Technical: Attacking skills

Difficulty: Advanced

Dribbling Skills

Step 1 - Create 2 Square Grids.

Grid 1 - Each Player with a Ball Dribbling a Game Speed.

Coach will list say numbers

1 - Moving Toe Taps - 10

2 - Moving Boxes - 10

3 - Speed Dribbling - 30 sec

Grid 2 - Each Player with a Ball and add small cones inside the Grid which will be Defenders.

1 - Fake One Side go the other side Move

2 - Single Scissors & try Double Scissors Move

3 - Speed Dribbling but using the moves to get around the Cones - 30 sec



1 v 1 Dribbling

Step 1 - Create 3 Mini Fields. Add small goals on each side with Cones or Pugg Goals.

1 v 1 - Dribbling Competition

Split Teams in 2 or 3 players on each side.

- Player 1 passes to player Player 2 to start the 1 v 1 competition.
- Player 2 is trying to dribble pass Player 1 and score using some of the skill moves we learned.

- If Player 1 steals it then Player 1 can score

- Play for 3 Minutes then switch sides so Player 1 can now start with the Ball - Total 6 minute Game.

- Coach then alternate the teams so the Players can go against a different opponent.



Game Based Scrimmage

Create a Small Sided Field for 7 v 7 Games

Use Cones and the Build Out Line (Blue Line)

Build Out Line - Is a new rule in which the opposite team must back up behind the line on Goal Kicks and when the Goalie has the Ball. Once the Ball is played out from the Goalie or Goal Kick and touches one of the players or crosses the blue line the opposing team can now steal it away.

Place the players in a 1 (Goalie) - 2 (Defenders) - 3 (Midfielders) - 1 (Forward) - Formation

Positioning and explaining the rules of the game are very important at this age.

Reminder - Once rules are explained allow the players the freedom to play and have some fun. Encourage the Skill topic of the day in the scrimmage games.

