

Basic Soccer Training #1: Dribbling

Team

Date

Phase 1 - 0:00-0:10

Dribbling

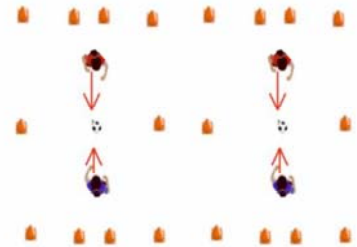
- Set up a 20 x 20 yd. box using cones (change the size of the box depending on number of players).
- Have all the players dribbling in the space cutting, turning, and pulling moves.
- When the coach holds up a number between 1 and 5 and players are to shout out the number they see.
- **Encourage players to dribble with their head up, and try to make moves to separate themselves from players around them**



Phase 2 - 0:10-0:30

Dribbling to Create Space

- Set up a few 10 x 15 yd. boxes. Have 4 players assigned to each box.
- Players will play one vs. one.
- They have to dribble over an end line to score.
- The defender has to start on his or her end line before applying pressure.
- Have players play for 1 min and then switch.
- Change to 2 vs. 2 after each group player has done 3 rotations.
- **Encourage the attacking player to make a move before the defender comes instead of waiting for the defender to apply pressure**

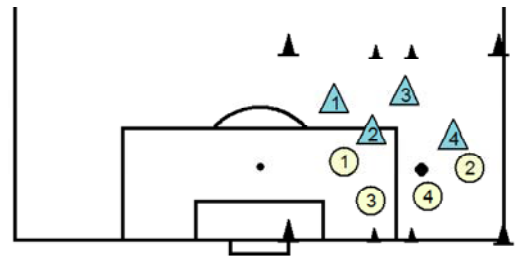


WATER BREAK - 30 SECONDS

Phase 3 - 0:30-0:45

Dribbling in Game-like Situations

- Create a 40 x 30 box with two 3 yd. goals at each end.
- Give teams directions and let them play.
- To score they can dribble over the end-line for 1 point, pass through the goal for 2 points, or dribble through the goal for 5 points.
- **Remind players to use the skills they practiced earlier**



Phase 4 - 0:45-1:00

Play and Apply

- Split the teams evenly.
- Specify which team is going which direction and allow them to play.
- Depending on the number of players you have you can make the field bigger or smaller.
- **Look for opportunities to apply what you have coached in a game-like situation and reward players for using the skills and techniques that were taught in practice in a game-like situation**



COOL DOWN AND STRETCH