



COVID Session - Dribbling - Ball Manipulation Relays

Category: Technical: Ball Control
Difficulty: Moderate

Forrest Randall, Richfield, United States of America
Individual-Young Member

Slalom Relay (15 mins)

Objective: Ball manipulation using multiple surfaces of the feet

Action:

- Cones laid out in a slalom format, with designated start and finish zones
- Players dribble through slalom, around cone, then back through get to finish
- When a player has turned the corner to dribble towards the finish gate, the next player in line can begin
- Players return to the line when finished and sit down
- First team with all players sitting wins
- Play multiple rounds utilizing the competition ideas below

Competition Ideas:

- Right foot only, left foot only
- Outside of the foot only, inside of the foot only
- Both feet any surface



Beast Mode Dribble (15 mins)

Objective: Dribbling under control while perform skill and turns

Focus: Manipulation of the ball during skill phase

Setup:

- 20x25 grid w/ one 1 goal
- Dribbling/shooting line 7-8yds from starting line
- Teams split into equal groups, every player w/ a ball
- 1 pugg for each team (can use 1 large net if desired)

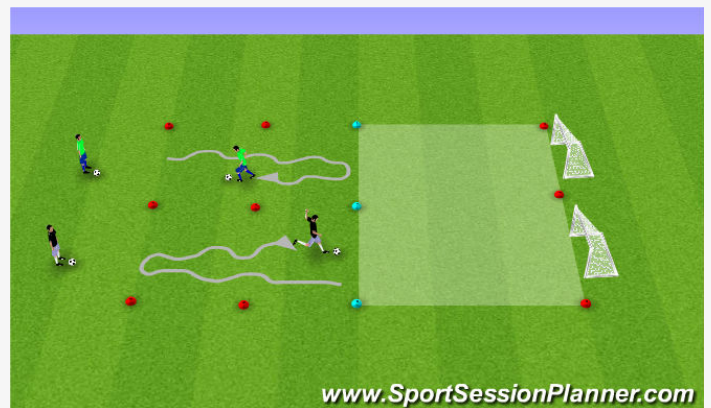
Action:

- Player dribbles 3x between start and dribbling line (down-back-down)
- Perform skill 2-3x between each length
- Player shoots at goal when arriving to blue cone for 2nd time
- Next player in line begins once player returns
- 1 practice round and 1 competition round for every skill/turn

Players don't retrieve balls from goal until everyone has finished

Skill Progression

- Trainer selects both SKILL and TURN they want to perform



1v1 Battle (15 mins)

Objective: Dribbling under control while perform skill and turns, 'trick' the defender

Focus: Manipulation of the ball during skill phase in order to beat a defender

Setup:

- 15yd x 20yd grid w/ 2yd gap in the middle
- All balls with coach on the side
- Teams separated into two groups on opposite sides, between goals
- Cone gates, puggs, or ball on top of cone (easiest to hardest)

Action:

- Two players enter into their teams designated playing zones
- Coach plays a ball into either player to begin
- Players attempt to 'trick' their defender using body feints and ball



manipulation in order to create opening for a shot

- A ball is done after it has been scored or kicked out of bounds
- Coach plays total of 4 balls into each pairing
- If a player scores, they get to start with the next ball

Competition:

- Every players gets to go twice (try to switch opponents)
- Team with most goals at the end wins

Progression:

- Skill points for any skill the coach is impressed with or wants to give out