



COVID Session - Technical - Dribbling 1

Category: Technical: Ball Control
Difficulty: Beginner

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

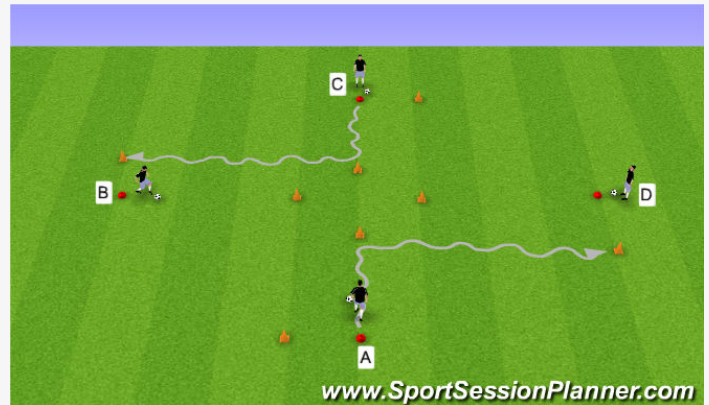
Dribbling Series (15 mins)

Activity Setup:

A larger diamond made with a smaller central diamond in the middle. Distances can be adjusted based on age/ability. Keep in mind social distancing of 6ft.

Action:

- Every player with a ball
- Player A & C make eye contact to begin dribbling towards central cone.
- Players perform skill at the central cone and both turn right/left, dribble to matching cone in next line to wait for their turn (coach picks the direction they must all turn)
- Emphasis needs to be placed on EYE CONTACT and start at SAME TIME as player opposite of the grid.
- Coach can demonstrate various skills/turns dependent on level of skill within group
- Switch directions, so players are performing each skill in either direction



Have multiple stations setup so players get several repetitions. Groups can compete against one another after each skill is performed. Compete for 60 seconds = try to complete more central dribbles than other groups.*

Core Skills

- Outside lunge cut
- V-Cut
- L-Cut
- Cruyff
- Iniesta Variations (La Croqueta)
- Combining 2-3 of the above

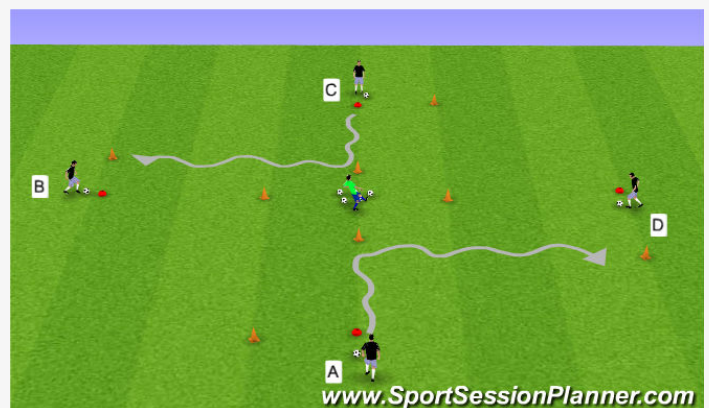
Dribbling Series Opposed (15 mins)

Activity Setup:

- A larger diamond made with a smaller central diamond in the middle. Distances can be adjusted based on age/ability. Keep in mind social distancing of 6ft.
- 'Defending' teams soccer balls in middle of central diamond
- 1 defender/coach in middle with soccer balls

Action:

- Every player with a ball
- Player A & C make eye contact to begin dribbling towards central cone.
- Players perform skill at the central cone and turn right/left, dribble to matching cone (coach picks direction everyone must turn)
- Dribbling players can begin at any time they want
- Switch directions, so players are performing each skill in either direction
- Central defender/coach is attempting to knock the ball away from dribbling players using his/her collection of soccer balls
- Once the defender has used all soccer balls, the game is over



Players cannot begin dribbling towards center until previous player has completed that station

Competition

- 1pt for every time a player completes one 'station'
- Defender with most knockouts wins
- Play multiple rounds until every player has been the defender once

Core Skills

- Outside lunge cut
- V-Cut
- L-Cut
- Cruyff

- Iniesta Variations (La Croqueta)
- Combining 2-3 of the above

Speed Dribbling (15 mins)

Focus: Ball manipulation and controlled dribbling, utilizing multiple surfaces of the feet, deception to 'trick' the defender

Activity Setup:

- 20x25 grid w/ two pugg goals
- Shooting line 5yds in front of puggs
- Two teams, every player w/ a ball
- If players are scoring to easily, bring nets closer together

Action:

- Play begins w/ a player from one team dribbling down and scoring unopposed
- Once player has finished their attack, they must touch or run around the nearest pugg before beginning to defend (coaches choice)
- A player from opposite team can begin attack on either goal once the previous player has completed their attack
- Defending player must defend within the defending zone
- Repeat until you have a winner (ex. first team to 10)

SKILL POINTS - Bonus point for using a skill to manipulate the ball/defender

