Weekly Practice Theme – Dribbling

**Dribbling theme:**

You may change this depending on player needs or numbers.  
  
Step 1 - Warm up - 5 minutes  
All players dribbling in space moving on their own. Encourage them to keep the ball close.  
Use 5 minutes during this to have them stop and stretch their ankles, do lunges, etc.. and GET to know the players.

 Step 2 - 15 Minutes  
Work on some of the touches in this 4 minute video; [https://youtu.be/6twx7iISxU4](http://send.bluesombrero.com/ls/click?upn=7nLuwmuz6xLY3WM-2Bccha5RyIQyFy4DmO2lqpSg5xgWzDargf8WZqkpUUI9kxUibMllKJ_QcpsOZFNwMISm7aD-2BcQ6htZsAQVxLnqjR9qwM2IFgX7FgMQmizUo1YFnCMRT5Ms6NCmxS7hqeRg5gh6DTdeKcJWBJ-2BmXatzrAsijNMqbU94K-2FSqmc3WdcnfI0wjTP67egj-2FpQ7leuiAX0NzvUMpc3KykZloCrbxXCtjdK4GFYERM2tzH55Q-2B46FEjr7CCjUwHepY90j02J0RRlEiIjM1w7ezHtH2aG4BwM1E3tj49J-2BxtXqEEvDag5-2BR-2BrfDw8CzYnDbazFqjIYNsQCJ874qk18mEuhR6oIbN9mIw8lu6c8-3D)  
Pick 2 to 5 touches you think your age group could attempt this week. The 2nd practice refresh the players with these touches and add a couple more.

I would work on foundation touches and then inside out side touches for dribbling around field. Pull backs and cuts when in small places. Possibly finish this drill by throwing a lot of cones down and having them dribbling and navigate around them and each other.  
   
Step 3 - 20 minutes  
Use 2 or all 3 of the dribbling drills in this video; [https://youtu.be/jwIHc9rz7yo](http://send.bluesombrero.com/ls/click?upn=RPQu82Ag6GFx9b0WKI7bq-2B3MVOY6v-2Bc01aofP7zpMz7-2FoO9Yu0yaWBGiKutJOcCXhjZZrNbnsU9RLgmS-2FV9Kxu3EoYxqLMo-2B4JVLp9ILobSY5MvshbzuBOEsNU-2Fl45fIqjbLVTc-2FtHQmeNMhzXobZ4WHC5Y6R0aZAOVA04wbBfubUegGtqKnrf1UMv70A2ZzcPHbKenVJqbaCCvDHb-2FWNoD39Lg8VMm6F8G1IeXZwoN1iKUzKvLvWd3IkZDgfj5N979U2dCl26bzJLVfooD54ADe6nz2jO0YWUyX6OFX0lj2W-2FVtEAbKBFPeePSa0wTberwCuANc7qDh1HNygDAgcW72-2B1fHxh2GOe2T1bH-2FzL9Mk1yA-2BeNGKP19TaJvcsNgjM-2FnRsHYeIpnQI-2BFQvp2wDLOMwwBQh2DTxmVMtwYkpvNVGJmyMbvtiYcDOuiYjyow6JH3WotwM7GnG3q3jzAjR9zUtTHjOxRyhc3cEBjfvKhm5nEt5ZPS6Jx06X8FqNHhBAw-2BornuGbccn5qAh2-2FgRiCEV-2F6ItddbpRH9wCbflXnz9G7FI-2BgVBfYeUdqh6C7vrTFuOsAbPmGjpDCKcdvZQ-3D-3DHjNa_QcpsOZFNwMISm7aD-2BcQ6htZsAQVxLnqjR9qwM2IFgX7FgMQmizUo1YFnCMRT5Ms6NCmxS7hqeRg5gh6DTdeKcN8H3Y5xTAxpOn-2FKeDhlcecNL6Ckz-2Fb2t8ld2YHvx65bqfr8BHUQbHB1HMlKZrUWX5-2FNRKEbgLT15-2Bj0isuhCI9enHVBa85-2FlNa3IU5tMIqN-2B5Owfodrlr4gVtfxhqs9drYuzIOeuMNrw0-2FXa-2Be3qqjGFE8MVRV16pKiPYXJTiGE-2BxOWyyUXjnPI-2BWKIYOACDx2cIOHv7Y4jazLWPBp6zN4-3D).  
  
Step 4 - 20 minutes  
Scrimmages time with coaching moments. Point out times to dribble and and why to dribble. i.e - Dibbling into open spaces.  
Scrimmage size will be depending on player numbers.

Possible start with 1 v 1s and move to 2 v 2, etc.. Just to encourage dribbling.