

Providing a full range of quality soccer programs in St. Albert!

St. Albert Soccer Association

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Dribbling in the Grid

How to Set It Up

Skill Developed – Dribbling

Time – 10 - 15 Minutes

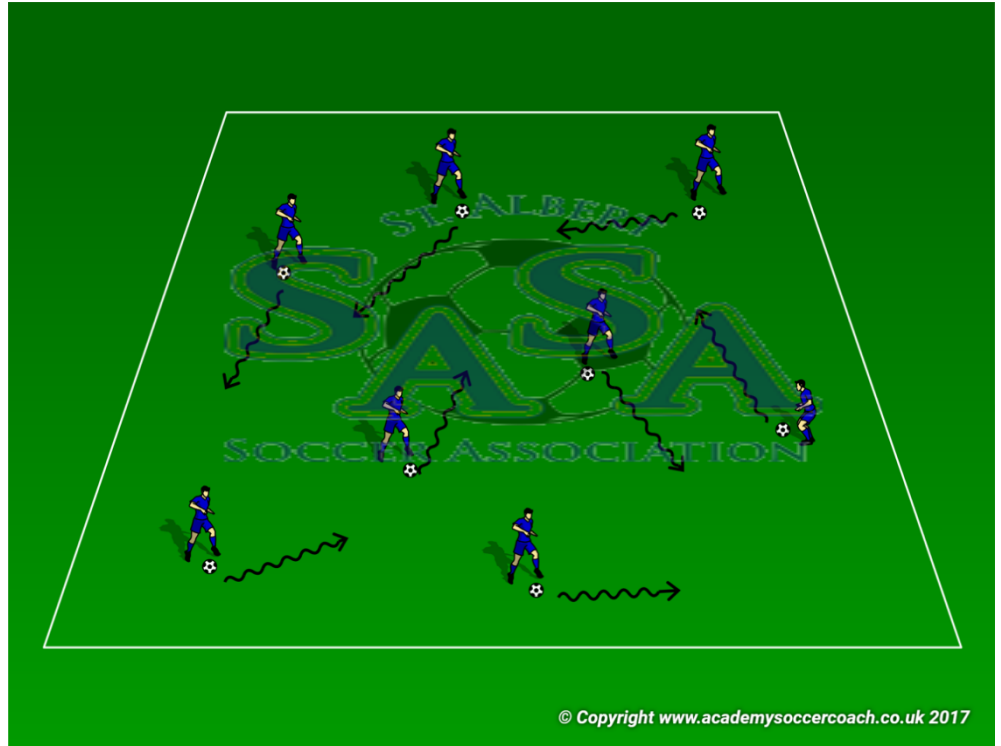
Playing Area – 20 X 10 yard grid

Number of Players – All players

Equipment – 1 ball per player

This activity works on developing the proper dribbling / running with the ball (RWTB) techniques.

This activity can be done several times and is a great warm up activity for the players.



How to Play

- Players will dribble around the area and the coach will call out numbers that are associated with a specific skill. The following numbers and actions can be used:

1. On the Run (dribble)
2. Sole of the Shoe (dribble using only sole of shoe)
3. Take a Knee (touch ball with knee)
4. On the Floor (touch ball with head)
5. Stay Alive (switch balls with players)
6. Show Your Tricks (players show their skills/moves)
7. Up to Heaven (throw ball in air and control it)
8. Find a Mate (pair up with a buddy)

Progression

To make this activity more challenging for the players, have them dribble at a quicker pace while keeping the ball close, under control and inside the grid.