

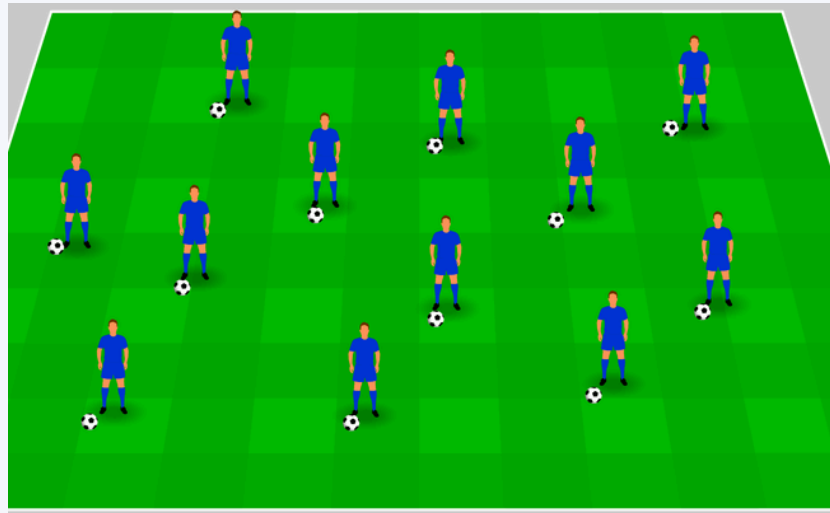


DYNAMIC DRIBBLING

SESSION 1 - DYNAMIC DRIBBLING

SESSION OVERVIEW

WARM UP



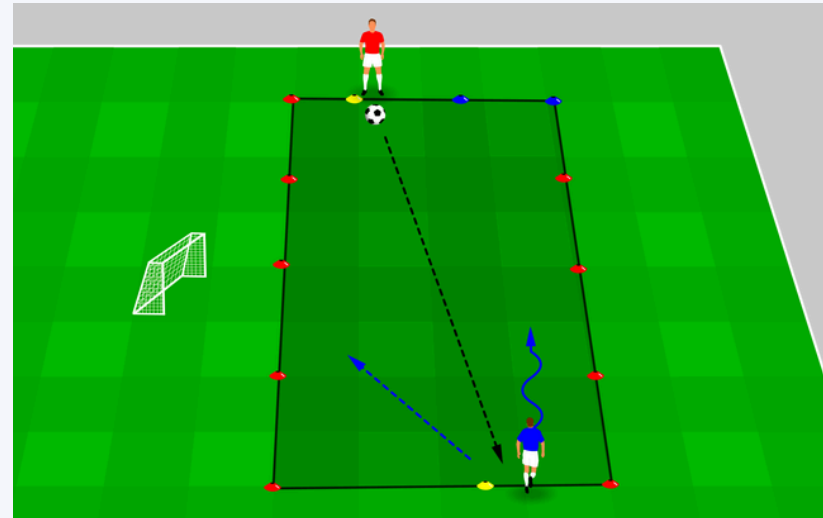
SET UP

Every player has a ball and finds their own space to juggle in.

Focus on teaching juggling bounce-kick-bounce-kick

How many juggles can the players get?

ACTIVITY 1



SET UP

Set up two playing areas as pictured above.

Two cones 15 yards apart

Two 2-3 yard attacking gates (blue) as pictured and two 2-3 yard defending gates (red) as pictured.

ACTIVITY 2

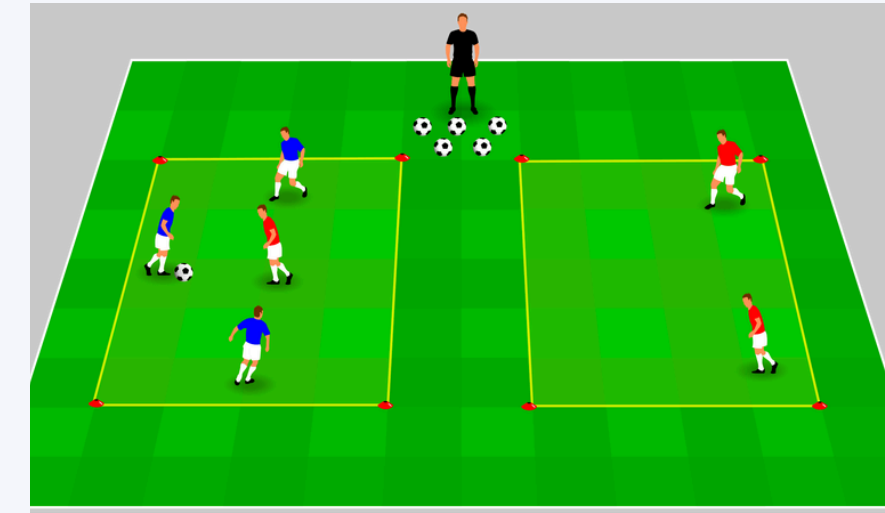


SET UP

Set up one grid for every 5 - 6 players.

Grid size is 5 x 5 yards.

ACTIVITY 3



SET UP

Set up 2 playing fields with dimensions of about 15 yards in width by 20 yards in length with pop up goals set up in the middle of the end lines on each field.

Consider setting up a pylon at the halfway point to act as a retreat line if necessary.



ACTIVITY 1

EQUIPMENT

- Cones
- Soccer Balls
- Pop Up Goals

ACTIVITY DESCRIPTION

Set up a gate at the top of the grid (blue gate by Red Defender). The grid size is about 10 yards wide by 15 yards long. Have a pop up net about 5 yards outside of the grid at the halfway point.

On the coach's cue, the RED player will pass the ball to the BLUE player. The Blue player can decide to either pass the ball into the pop up net or dribble through the gate at the end.

Players will rotate between being an attacker and being a defender.

COACHING POINTS

Dribbling

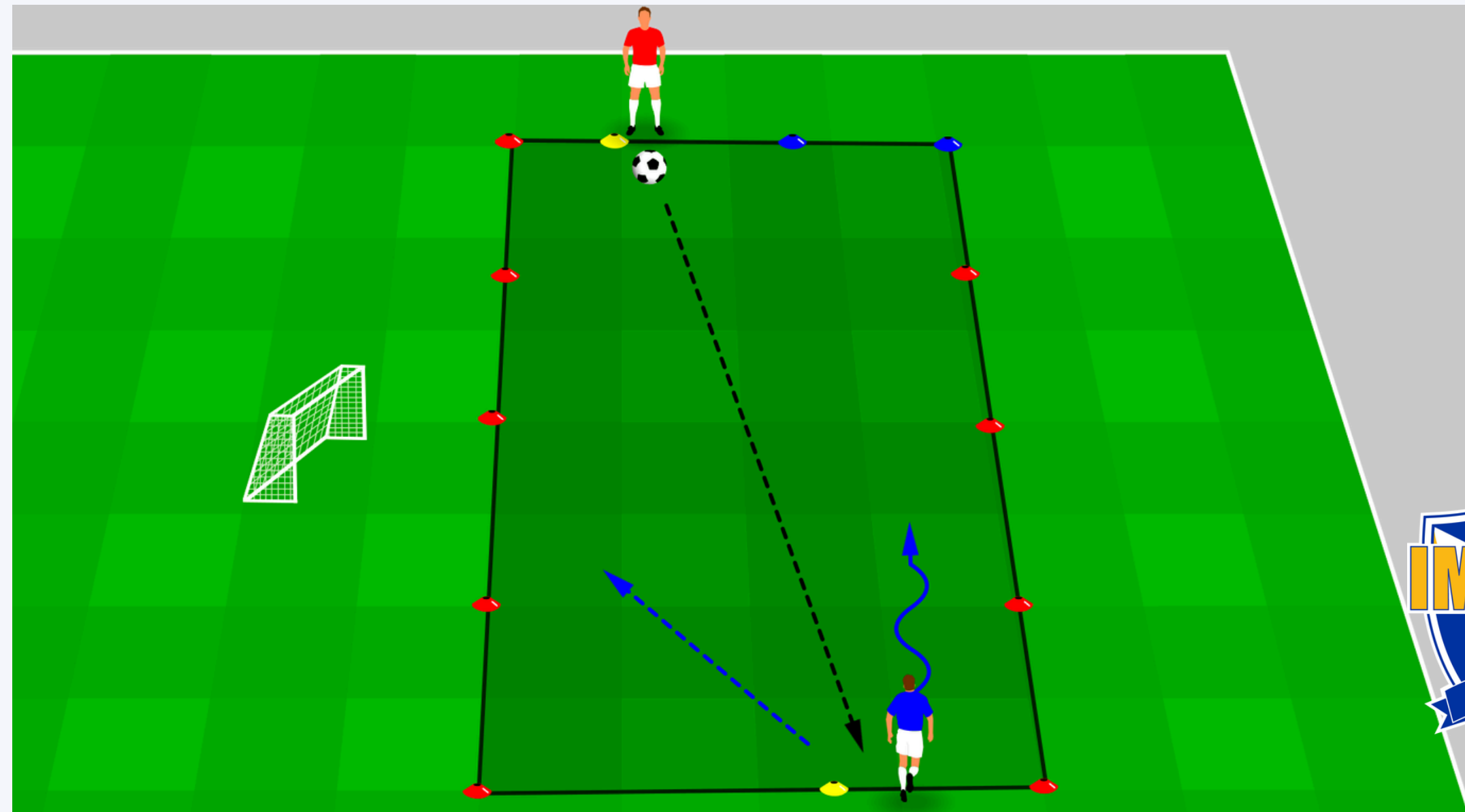
- Keep the ball close
- Find the open space to attack
- Utilize your 1v1 Moves / Fakes to avoid the defender

Defending

- Press up to the attacker quickly
- Force the attacker to make a decision (either

Transition

- Quickly shift into the next phase of the activity (attack to defend and defend to attack)



COACHING CONSIDERATIONS

Attackers

- Be brave, attack the defender, don't take the easy way out

Defender

- If you win the ball back, can you score QUICKLY by dribbling over the endline where the attacker originally started.

SCORING SYSTEM

- 1 Point = Attacker passes into the pop up goal
- 3 Points = Attacker dribbles through the Blue Gates
- 1 Point = Defender dribbles across the endline



ACTIVITY 2

EQUIPMENT

Cones
Soccer Balls

ACTIVITY DESCRIPTION

To set up, there is one player inside the grid and four players on the outside of the grid.

To start, one of the outside players will pass a ball into the player inside the grid. After receiving the pass, the player inside will look to dribble outside of the grid with the ball under control.

After the play is done, the player who passed the ball enters into the grid and the players who was just inside goes to the outside.

COACHING POINTS

Defending

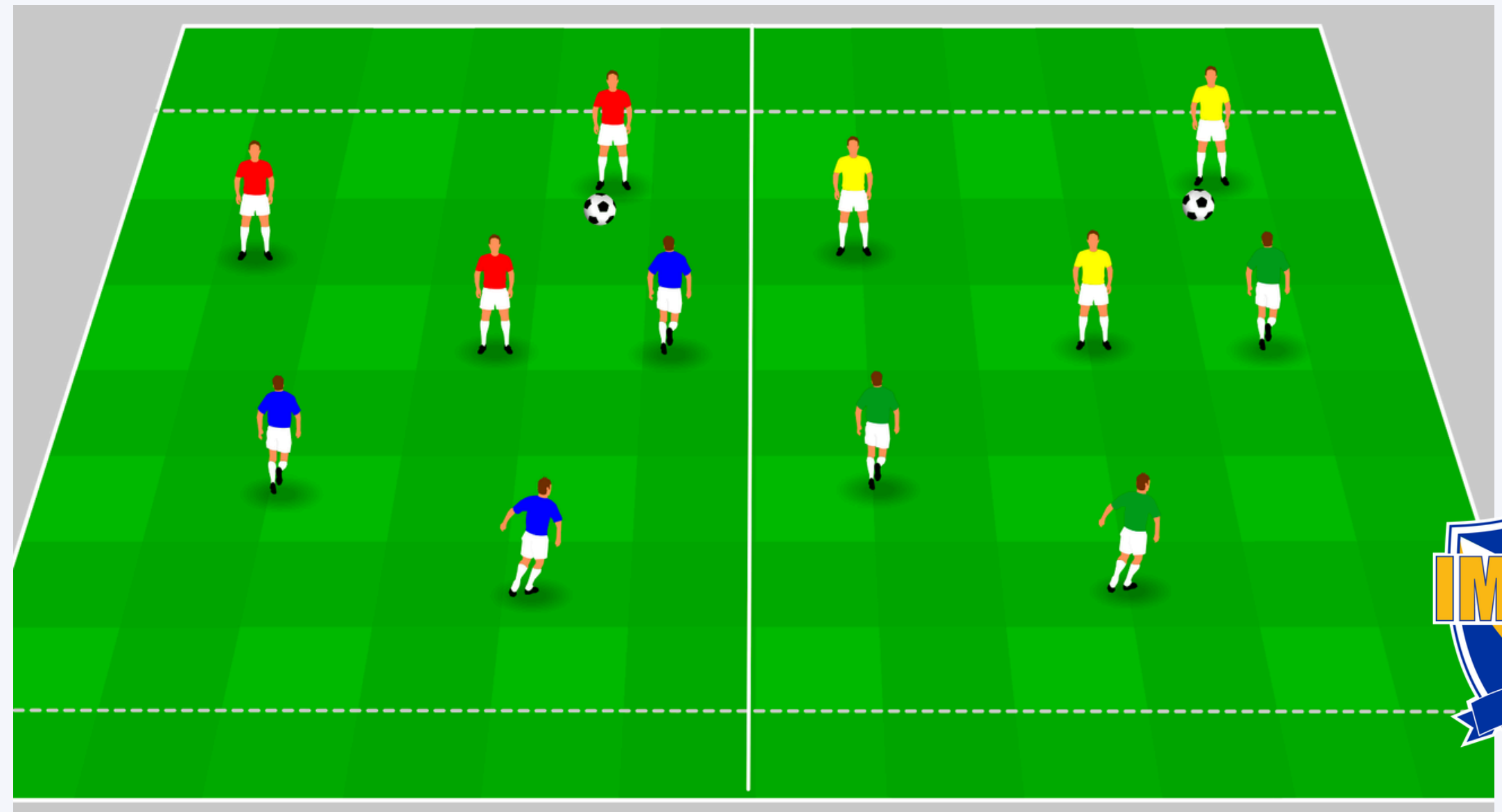
- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think

Dribbling

- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to



COACHING CONSIDERATIONS

The attacking player should be working on their evasive moves to trick the defenders and attack the space quickly once they have the space created.

The defenders on the outside of the grid can move from side to side to prevent the attacker from exiting the playing area.

SCORING SYSTEM

Players get a point when they are able to successfully dribble outside of the grid with the ball under control.

ACTIVITY 3

EQUIPMENT

Cones
Soccer Balls
Pinnies

ACTIVITY DESCRIPTION

Set up 1 set of Rondo grids (8 yards x 8 yards) with a 3 yard gap in between them for every 6 - 8 players in attendance. Example, 12 players = 2 of these set ups.

Players will play a 3v1 while the other 2 players wait in their grid for the ball to be played over. If the defender wins the ball, they are looking to dribble outside of the grid to transfer the ball over to their teammates in wait.

U8's / U9's - Run this activity as individual 3v1's where the defender must dribble outside the grid to get a point.

COACHING POINTS

Dribbling

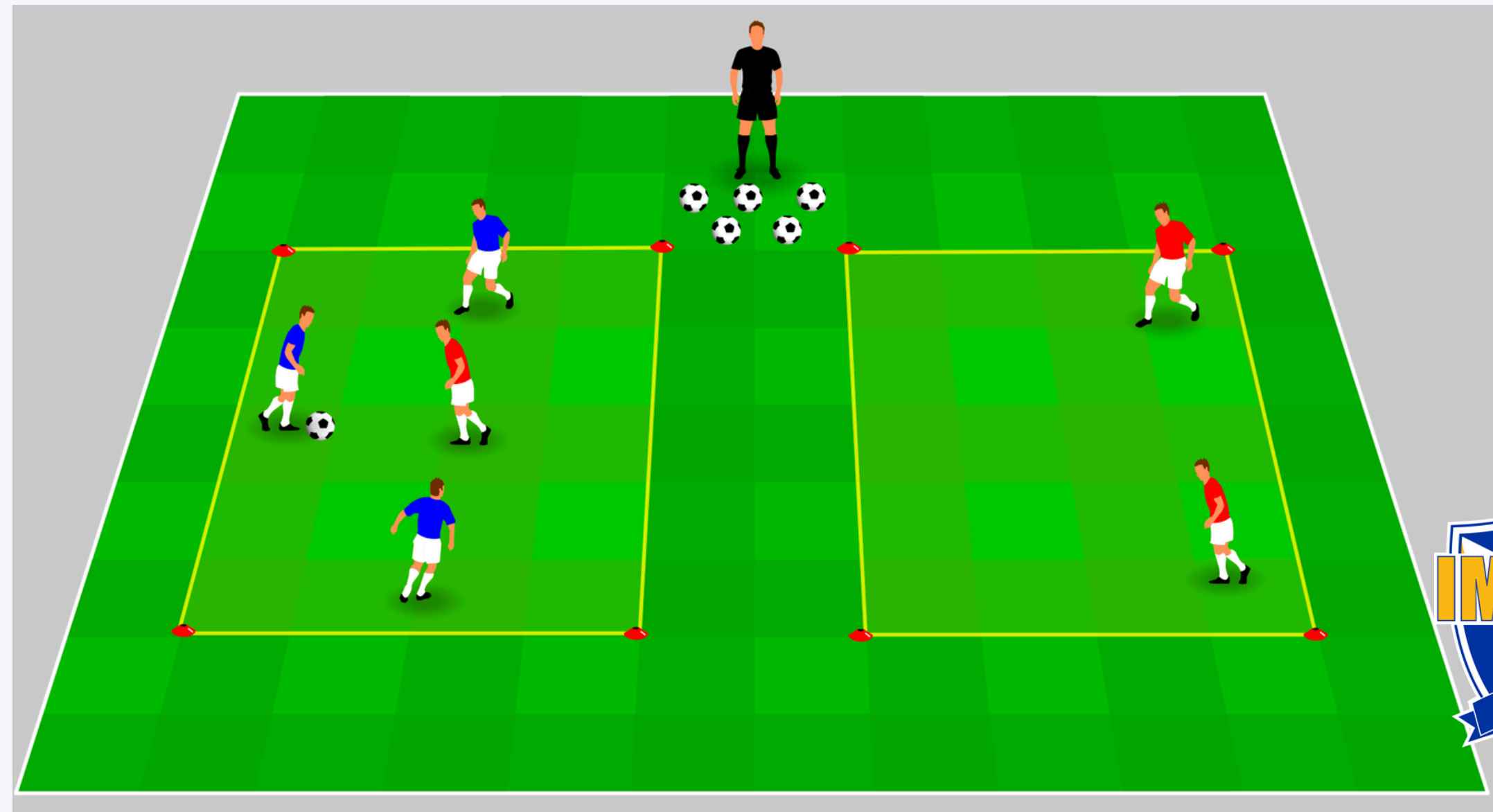
- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to

Defending

- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think



COACHING CONSIDERATIONS

The attacking team must take a minimum of 3 touches before passing to help develop their ball control skills. If an open pass isn't available, can players maintain possession of the ball by dribbling.

After the defender wins the ball back, attack the open space quickly to escape the pressure.

SCORING SYSTEM

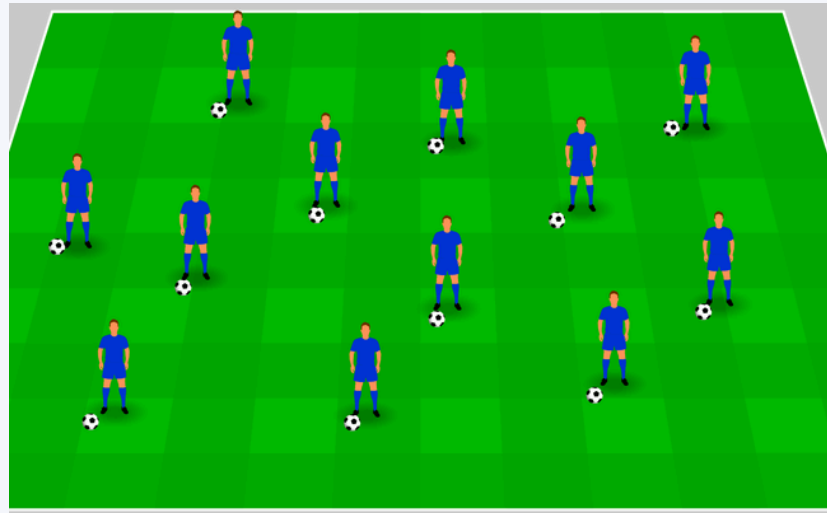
2 Point = Defender wins the ball back and dribbles out of the grid

1 Point = Attacking team connects 3 passes in a row

SESSION 2 - DYNAMIC DRIBBLING

SESSION OVERVIEW

WARM UP



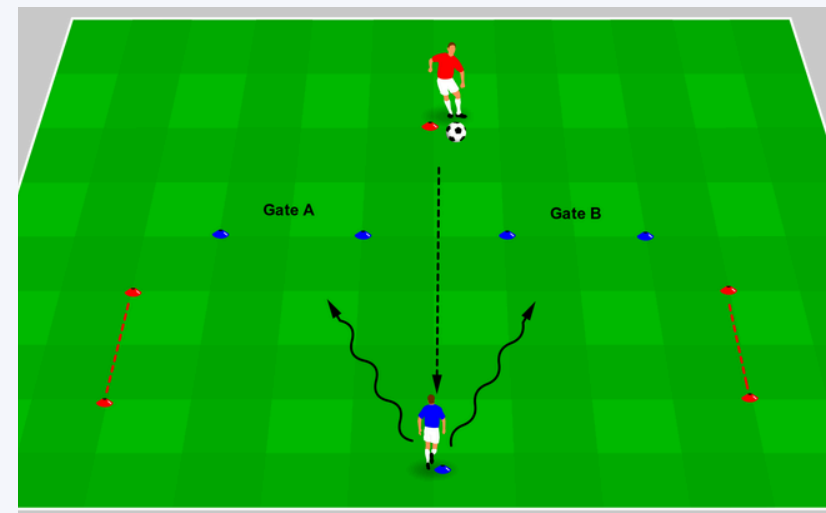
SET UP

Every player has a ball and finds their own space to juggle in.

Focus on teaching juggling bounce-kick-bounce-kick

How many juggles can the players get?

ACTIVITY 1



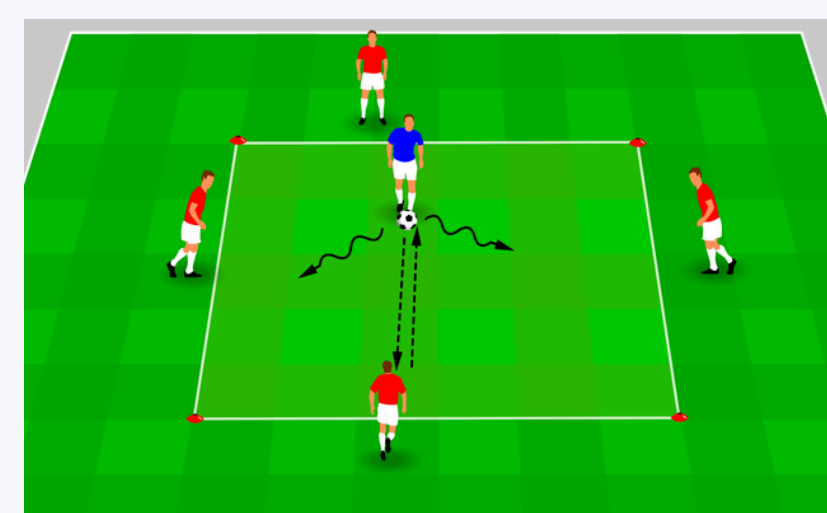
SET UP

Set up two playing areas as pictured above.

Two cones 15 yards apart

Two 2-3 yard attacking gates (blue) as pictured and two 2-3 yard defending gates (red) as pictured.

ACTIVITY 2

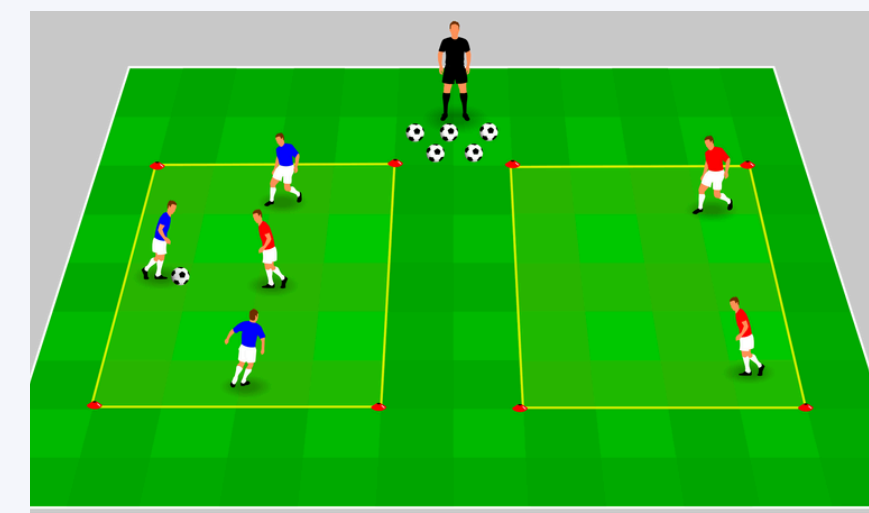


SET UP

Set up one grid for every 5 - 6 players.

Grid size is 5 x 5 yards.

ACTIVITY 3



SET UP

Set up 2 playing fields with dimensions of about 15 yards in width by 20 yards in length with pop up goals set up in the middle of the end lines on each field.

Consider setting up a pylon at the halfway point to act as a retreat line if necessary.



ACTIVITY 1

EQUIPMENT

- Cones
- Soccer Balls

ACTIVITY DESCRIPTION

The activity starts with the Defender (RED PLAYER) passing the ball into the Attacker (BLUE PLAYER).

Once the pass is played, the attacker is looking to attack the two Blue gates while the defender is looking to defend those gates.

If the defender wins the ball from the attacker, they are looking to score through the red gates.

Players will rotate between being an attacker and being a defender.

COACHING POINTS

Dribbling

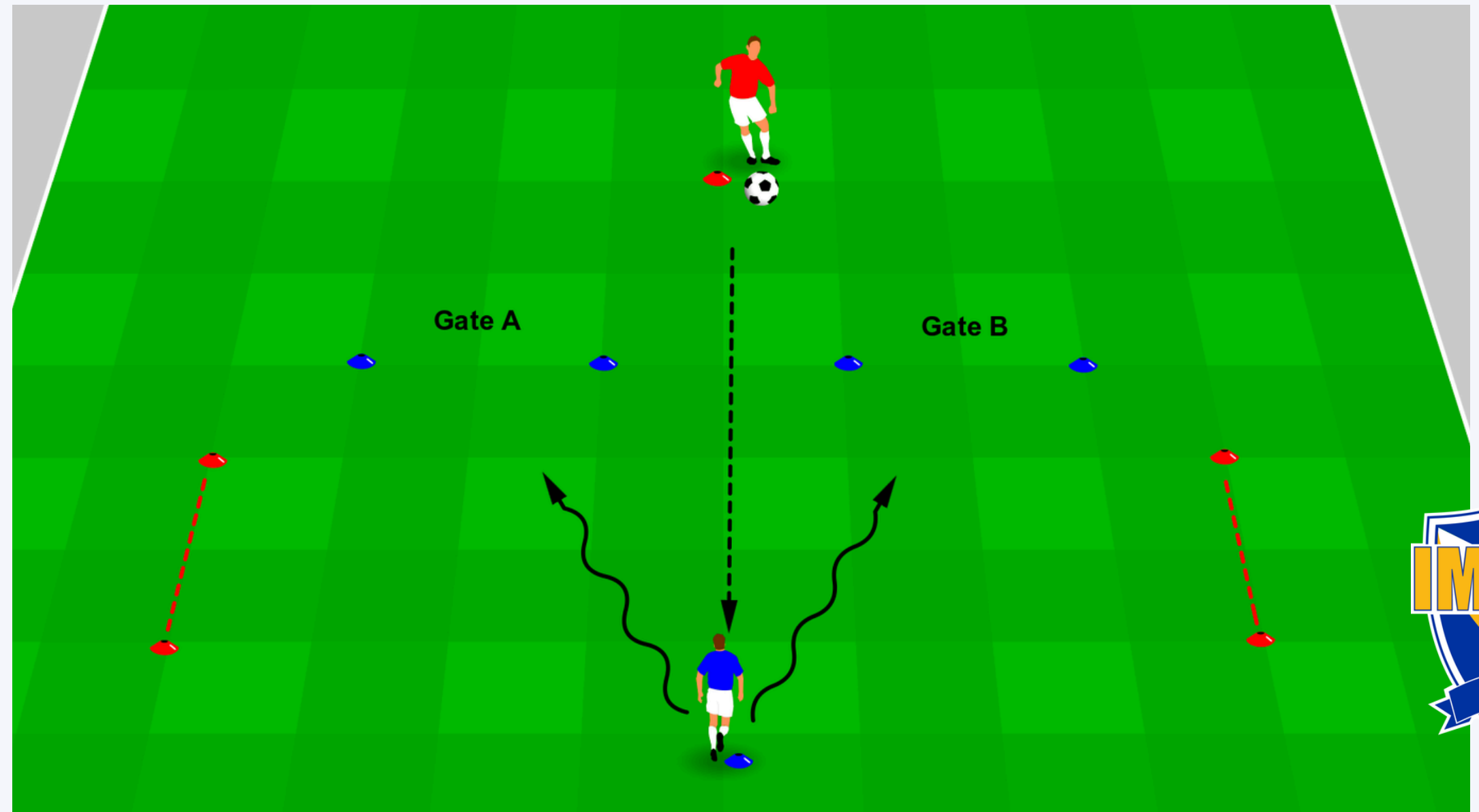
- Keep the ball close
- Find the open space to attack
- Utilize your |v| Moves / Fakes to avoid the defender

Defending

- Press up to the attacker quickly
- Force the attacker to go to one side

Transition

- Quickly shift into the next phase of the activity (attack to defend and defend to attack)



COACHING CONSIDERATIONS

Start this activity as a game of tag to allow players time to focus on the movements without a ball. Then add in a ball.

SCORING SYSTEM

1 Point = Attacker is able to dribble through one of the two gates

2 Points = If the defender can win the ball back and dribble through the red gates.

ACTIVITY 2

EQUIPMENT

Cones
Soccer Balls

ACTIVITY DESCRIPTION

To set up, there is one player inside the grid and four players on the outside of the grid.

To start, one of the outside players will pass a ball into the player inside the grid. After receiving the pass, the player inside will look to dribble outside of the grid with the ball under control.

After the play is done, the player who passed the ball enters into the grid and the players who was just inside goes to the outside.

COACHING POINTS

Defending

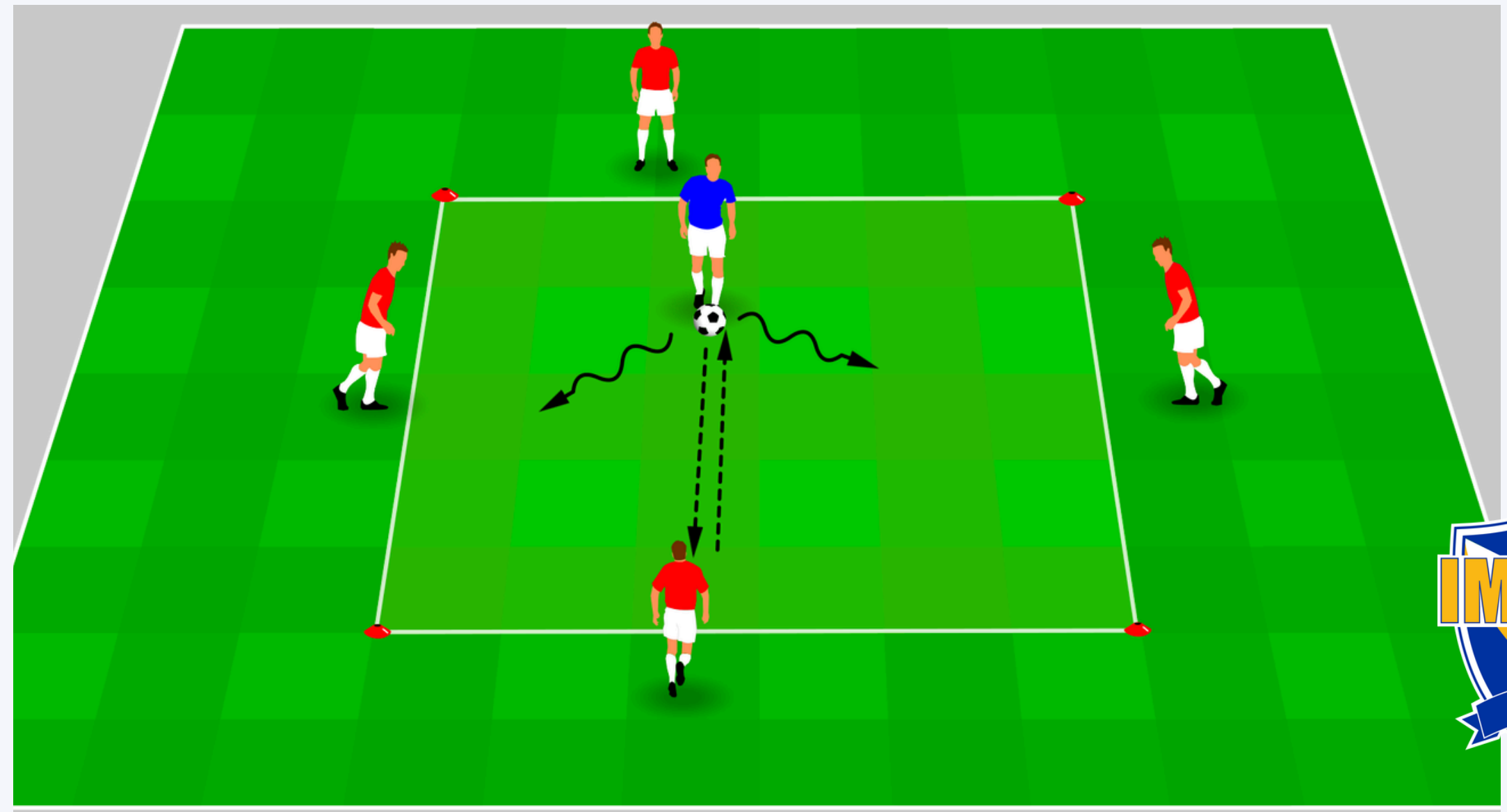
- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think

Dribbling

- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to



COACHING CONSIDERATIONS

The attacking player should be working on their evasive moves to trick the defenders and attack the space quickly once they have the space created.

The defenders on the outside of the grid can move from side to side to prevent the attacker from exiting the playing area.

SCORING SYSTEM

Players get a point when they are able to successfully dribble outside of the grid with the ball under control.

ACTIVITY 3

EQUIPMENT

Cones
Soccer Balls
Pinnies

ACTIVITY DESCRIPTION

Set up 1 set of Rondo grids (8 yards x 8 yards) with a 3 yard gap in between them for every 6 - 8 players in attendance. Example, 12 players = 2 of these set ups.

Players will play a 3v1 while the other 2 players wait in their grid for the ball to be played over. If the defender wins the ball, they are looking to dribble outside of the grid to transfer the ball over to their teammates in wait.

U8's / U9's - Run this activity as individual 3v1's where the defender must dribble outside the grid to get a point.

COACHING POINTS

Dribbling

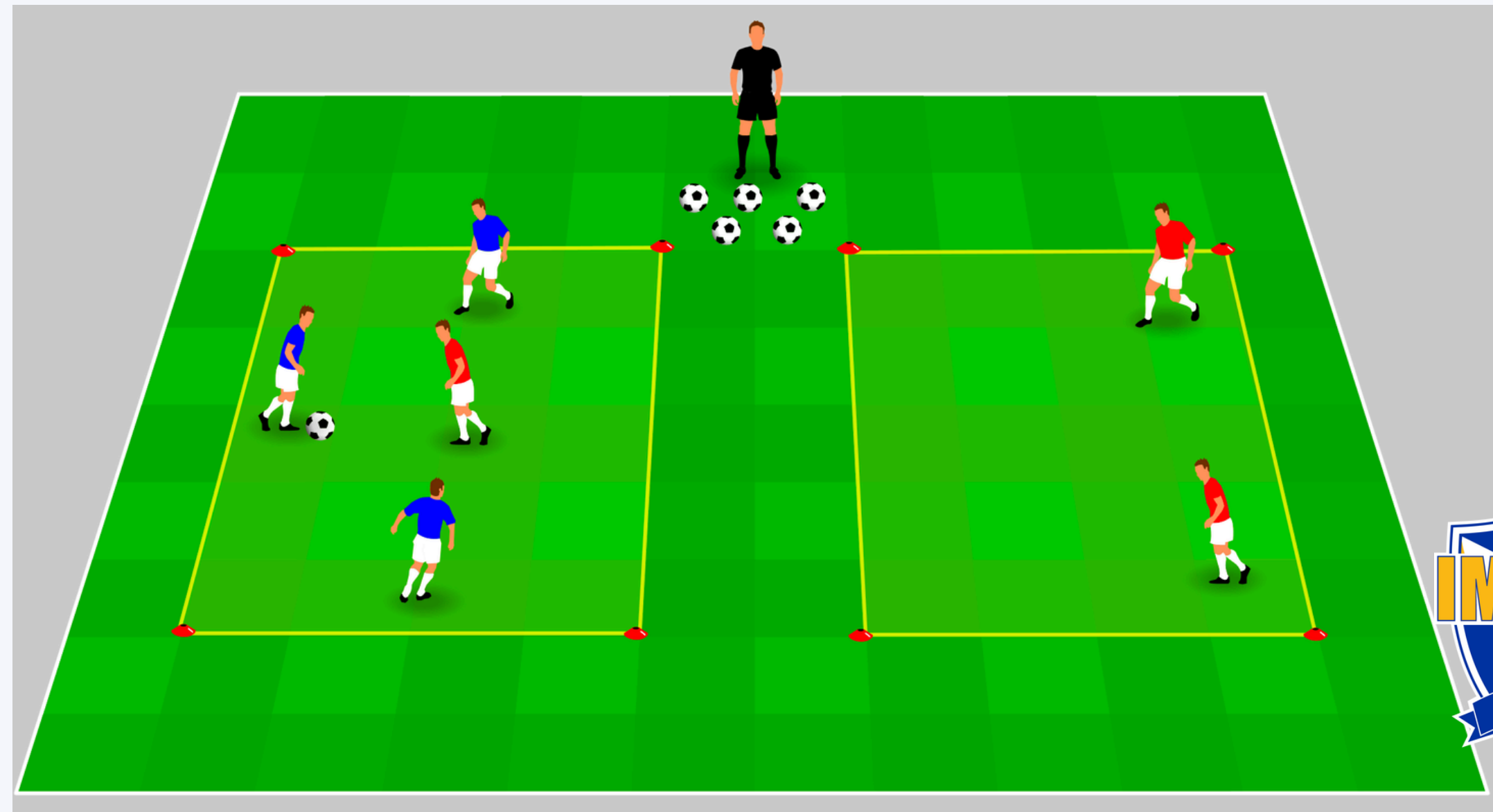
- Keep the ball close
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Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to

Defending

- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think



COACHING CONSIDERATIONS

The attacking team must take a minimum of 3 touches before passing to help develop their ball control skills. If an open pass isn't available, can players maintain possession of the ball by dribbling.

After the defender wins the ball back, attack the open space quickly to escape the pressure.

SCORING SYSTEM

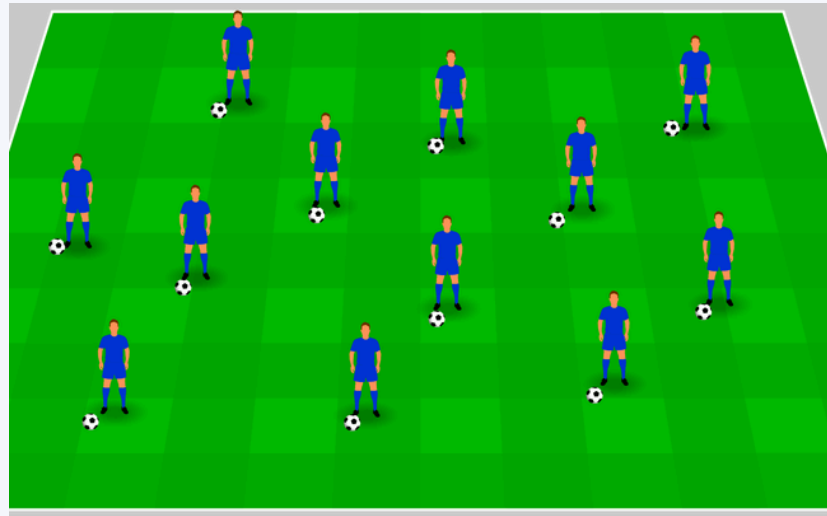
2 Point = Defender wins the ball back and dribbles out of the grid

1 Point = Attacking team connects 3 passes in a row

SESSION 3 - DYNAMIC DRIBBLING

SESSION OVERVIEW

WARM UP



SET UP

Every player has a ball and finds their own space to juggle in.

Focus on teaching juggling
bounce-kick-bounce-kick

How many juggles can the players get?

ACTIVITY 1



SET UP

Set up 15 gates.

The gates are two cones 3-5 yards apart

ACTIVITY 2

SET UP

Set up one grid for every 5 players.

Grid size is 5 x 5 yards with 2 yard gates in the corners.

ACTIVITY 3

SET UP

Set up a 20 x 30 yard field with nets in the corners of the field.

Make sure there is enough room on the touch line for players to run.



ACTIVITY 1

EQUIPMENT

Cones
Soccer Balls

ACTIVITY DESCRIPTION

Inside the playing area, there are approximately 15 cone gates and each player has a ball.

The players will dribble around inside the grid. On the coach's cue, the players will throw their ball into the air. They will then look to control the ball with the sole, laces, inside or outside of the foot and then dribble it through one of the gates.

PROGRESSION - The players will count how many successful controls and gates they complete within a set time to compete against their teammates.

COACHING POINTS

Dribbling

- Keep the ball close
- Find the open space to attack
- Utilize your 1v1 Moves / Fakes to avoid the defender

Defending

- Press up to the attacker quickly
- Force the attacker to go to one side

Transition

- Quickly shift into the next phase of the activity (attack to defend and defend to attack)



COACHING CONSIDERATIONS

1. Cushion the ball with the first touches to keep it close.
2. Practice using both feet.
3. Vary the part of the foot used for control.
4. Accelerate after the touch to move through the cone gate quickly.

ACTIVITY 2

EQUIPMENT

Cones
Soccer Balls

ACTIVITY DESCRIPTION

To set up, there is one player inside the grid and three players on the outside of the grid.

To start, a passer on the outside of the grid will pass a ball into the player inside the grid. After receiving the pass, the player inside will look to dribble outside of the grid with the ball under control through the gates set up in the corner.

The three defenders must move around the grid blocking off the gates, while the attacker must find the opening gate.

After the play is done, the player who passed the ball enters into the grid and the players who was just inside goes to the outside.

COACHING POINTS

Defending

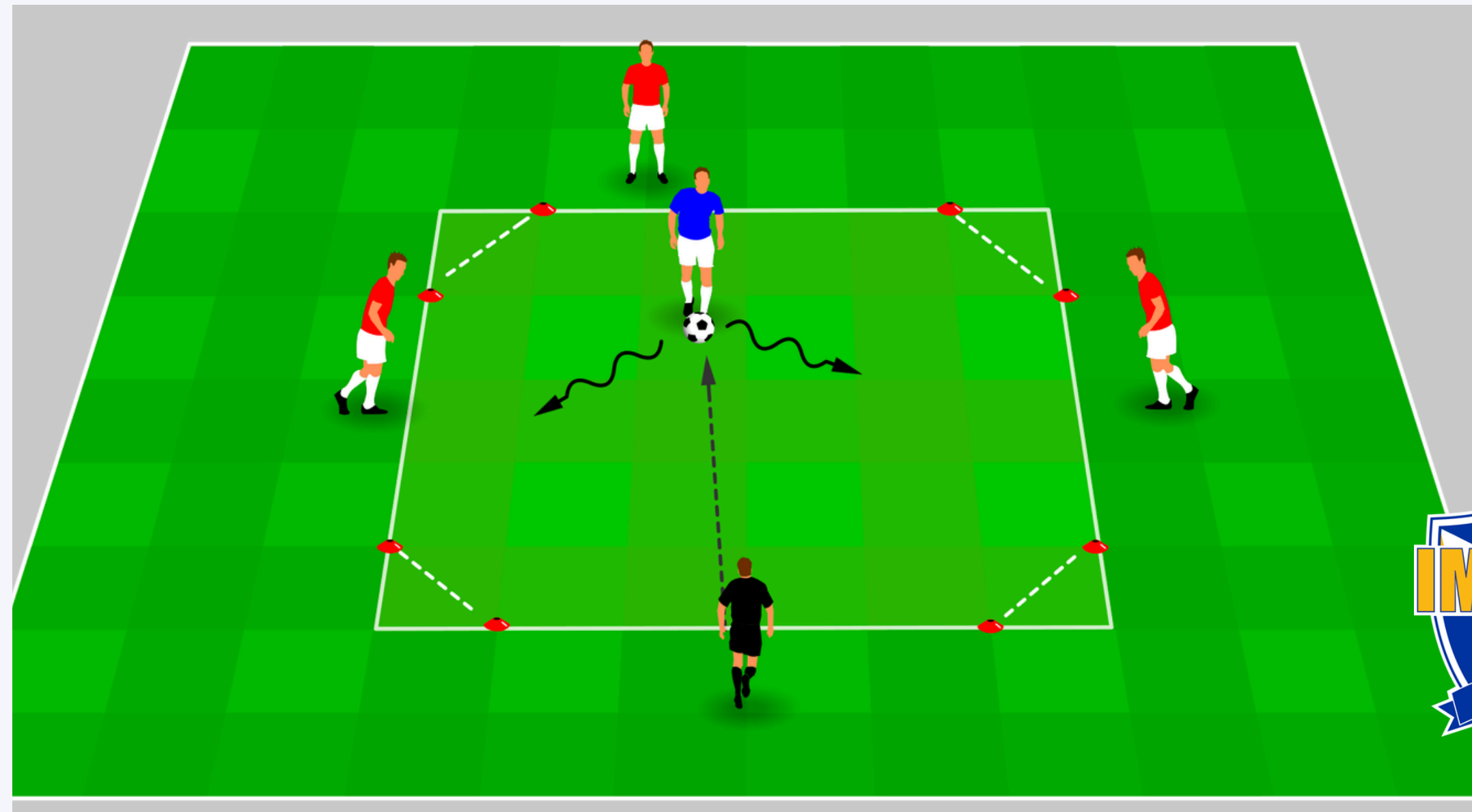
- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think

Dribbling

- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to



COACHING CONSIDERATIONS

The attacking player should be working on their evasive moves to trick the defenders and attack the space quickly once they have the space created to find the empty gate

NOTE - 4 Gates - 3 Defenders = 1 Empty Gate.

The defenders on the outside of the grid can move around the grid to prevent the attacker from exiting the playing area through the corners.

SCORING SYSTEM

Players get a point when they are able to successfully dribble outside of the grid with the ball under control.



ACTIVITY 3

EQUIPMENT

- Cones
- Soccer Balls
- Pinnies
- Nets

ACTIVITY DESCRIPTION

Set up the field as pictured, with 3 teams. Two teams are set up on the inside while 1 team is set up on the outside to act as bumpers.

Just a regular game, teams are scoring directionally. If an opposing player intercepts a pass and keeps control of the ball, they will get a point.

First team to 3 or 5 points, wins the round and the losing team will rotate to the outside.

COACHING POINTS

Dribbling

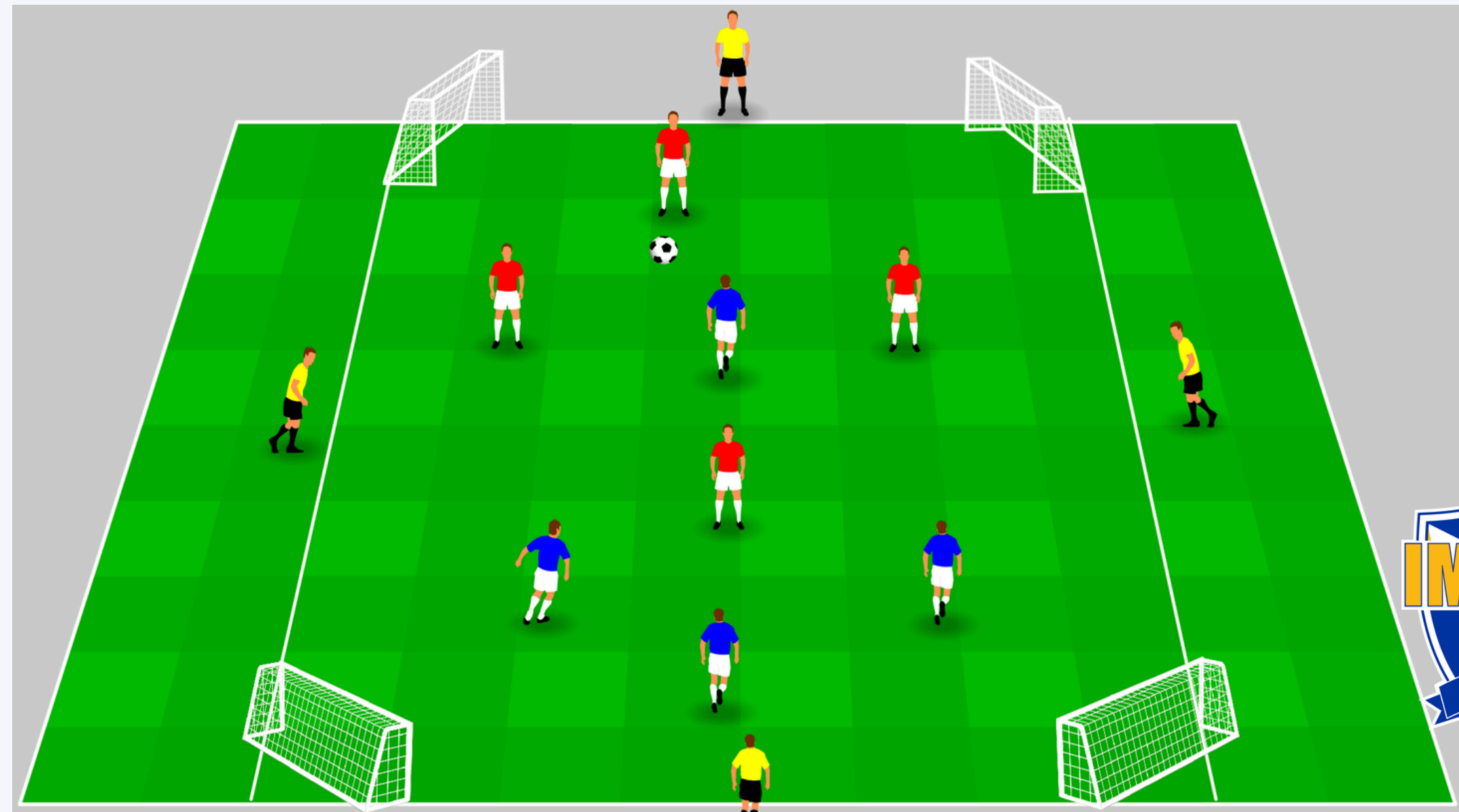
- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to

Defending

- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think



COACHING CONSIDERATIONS

Since the opposition can get a point from intercepting the ball, can we be more considerate and focused on our passing or look to dribble the ball more than forcing a pass.

Additional Constraints to get what we want out of the game could be players have to take a minimum of 3 touches prior to passing the ball.

SCORING SYSTEM

1 Point = Goal Scored on a Net

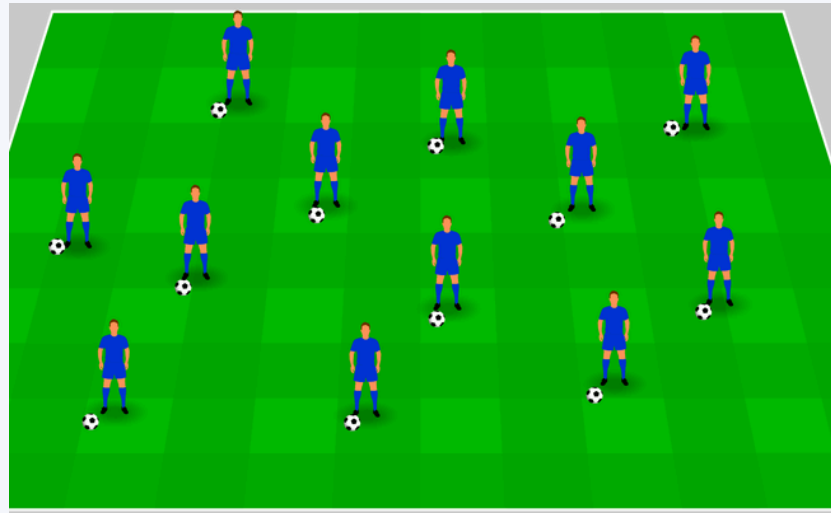
1 Point = Opposition intercepts the ball

** Note this is different than stealing the ball off a player

SESSION 4 - DYNAMIC DRIBBLING

SESSION OVERVIEW

WARM UP



SET UP

Every player has a ball and finds their own space to juggle in.

Can we be more intentional with our juggles.

Example - Bounce, Double Kicks

Bounce, Kick, Kick, Bounce, Kick, Kick

ACTIVITY 1

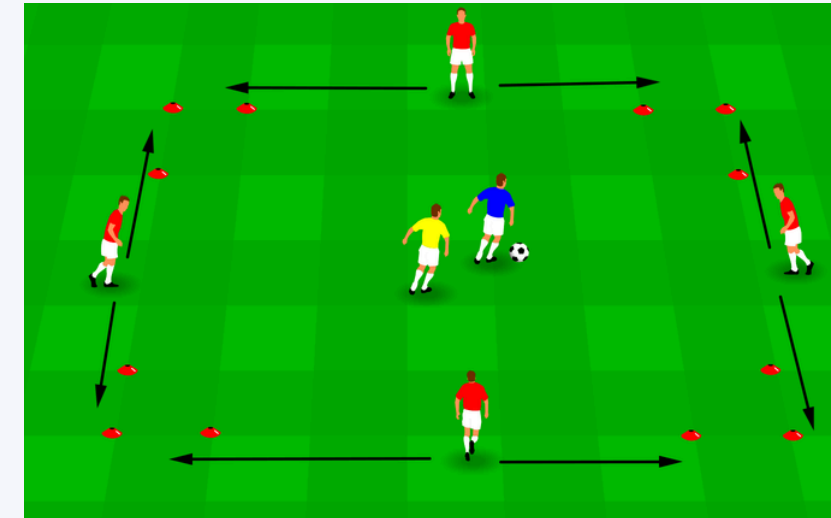


SET UP

Set up 15 gates.

The gates are two cones 3-5 yards apart

ACTIVITY 2

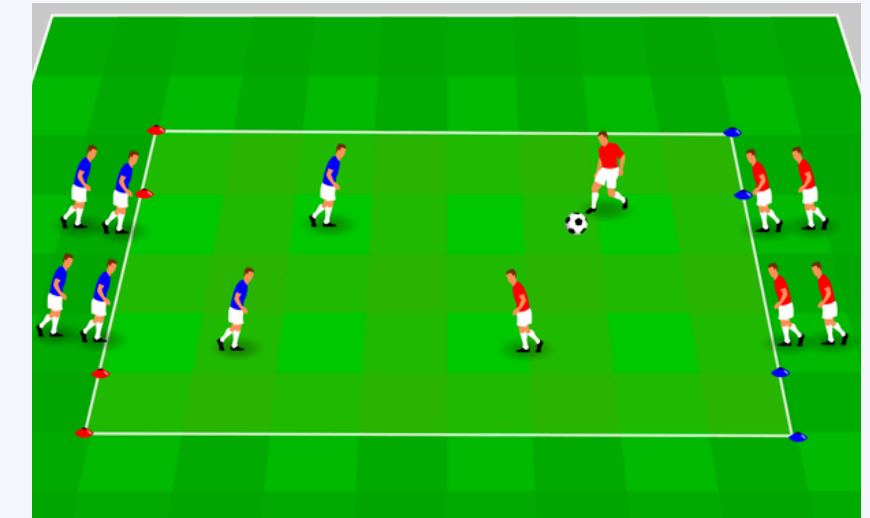


SET UP

Set up one grid for every 6 - 7 players.

Grid size is 15 x 15 yards with 2 yard gates in the corners as pictured.

ACTIVITY 3



SET UP

Set up a 20 x 30 yard field with gates in the corners of the field.

Make sure there is enough room on the touch line for players to run.



ACTIVITY 1

EQUIPMENT

Cones
Soccer Balls

ACTIVITY DESCRIPTION

Inside the playing area, there are approximately 15 cone gates and each player has a ball.

The players will dribble around inside the grid. On the coach's cue, the players will throw their ball into the air. They will then look to control the ball with the sole, laces, inside or outside of the foot and then dribble it through one of the gates.

PROGRESSION - The players will count how many successful controls and gates they complete within a set time to compete against their teammates.

COACHING POINTS

Dribbling

- Keep the ball close
- Find the open space to attack
- Utilize your 1v1 Moves / Fakes to avoid the defender

Defending

- Press up to the attacker quickly
- Force the attacker to go to one side

Transition

- Quickly shift into the next phase of the activity (attack to defend and defend to attack)



COACHING CONSIDERATIONS

1. Cushion the ball with the first touches to keep it close.
2. Practice using both feet.
3. Vary the part of the foot used for control.
4. Accelerate after the touch to move through the cone gate quickly.



ACTIVITY 2

EQUIPMENT

Cones
Soccer Balls

ACTIVITY DESCRIPTION

To set up, there are two players inside the grid and four players on the outside of the grid.

To start, a ball is played into one of the player inside the grid. After receiving the pass, the player inside will look to dribble outside of the grid with the ball under control through the gates set up in the corner.

The four defenders must move around the grid blocking off the gates, while the attacker must find the opening gate while also under pressure from another player.

Two minute rounds, then rotate with another 2 players on the outside.

COACHING POINTS

Defending

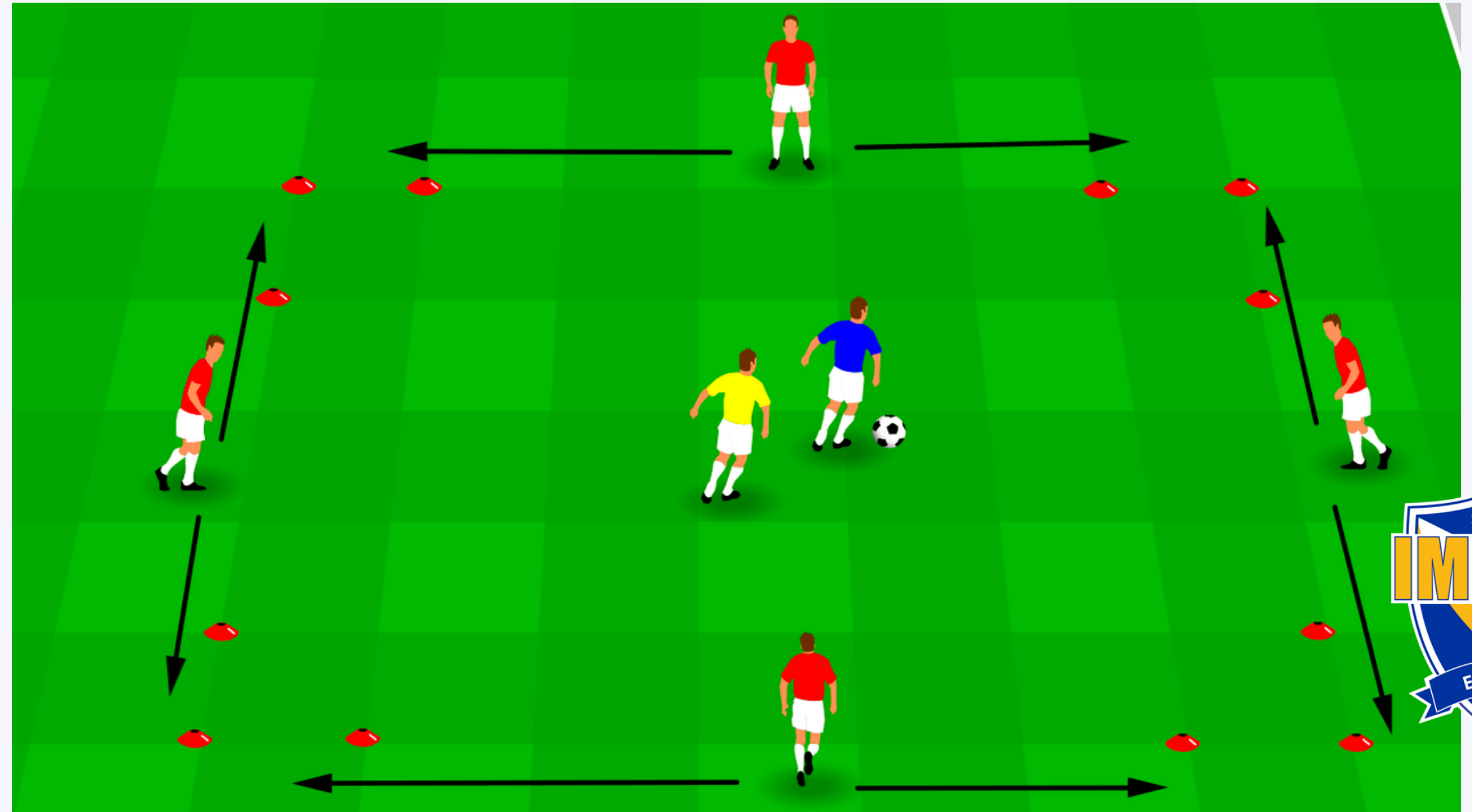
- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think

Dribbling

- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to



COACHING CONSIDERATIONS

The attacking player should be working on their evasive moves to trick the defenders and attack the space quickly once they have the space created to find the empty gate

The defenders on the outside of the grid can move around the grid to prevent the attacker from exiting the playing area through the corners.

SCORING SYSTEM

Players get a point when they are able to successfully dribble outside of the grid with the ball under control.

ACTIVITY 3

EQUIPMENT

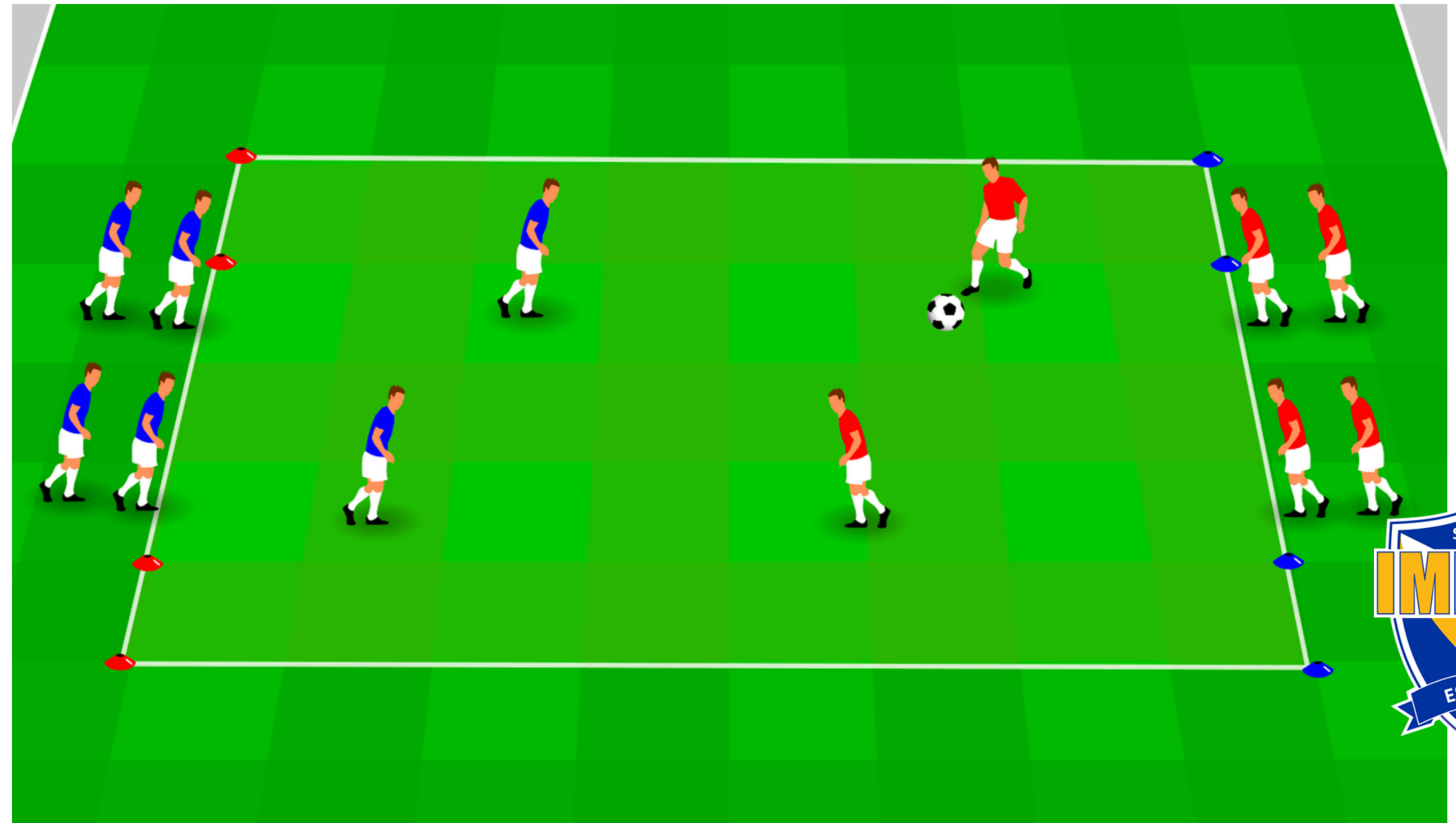
- Cones
- Soccer Balls
- Pinnies
- Nets

ACTIVITY DESCRIPTION

Set up the field as pictured, with 2 teams. Then, set up the two teams in two lines.

Just a regular game, teams are scoring directionally. If a point is scored, the team that got scored on leaves the playing area and a new group of 2 enters.

First team to 5 points, wins the round.



COACHING POINTS

Dribbling

- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to

Defending

- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think

COACHING CONSIDERATIONS

Since the opposition can get a point from intercepting the ball, can we be more considerate and focused on our passing or look to dribble the ball more than forcing a pass.

Additional Constraints to get what we want out of the game could be players have to take a minimum of 3 touches prior to passing the ball.

SCORING SYSTEM

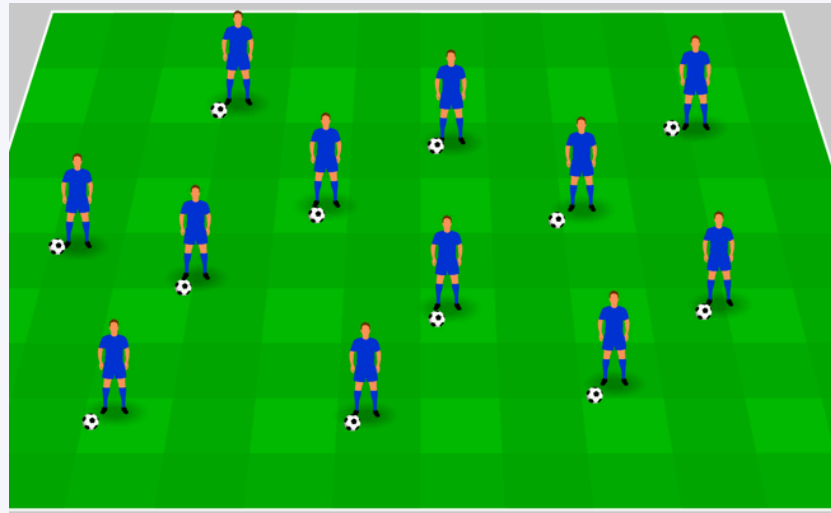
2 Point = Dribble through the gates

1 Point = Pass to a teammate on the other side of the gate

SESSION 5 - DYNAMIC DRIBBLING

SESSION OVERVIEW

WARM UP



SET UP

Every player has a ball and finds their own space to juggle in.

Focus on teaching juggling bounce-kick-bounce-kick

How many juggles can the players get?

ACTIVITY 1

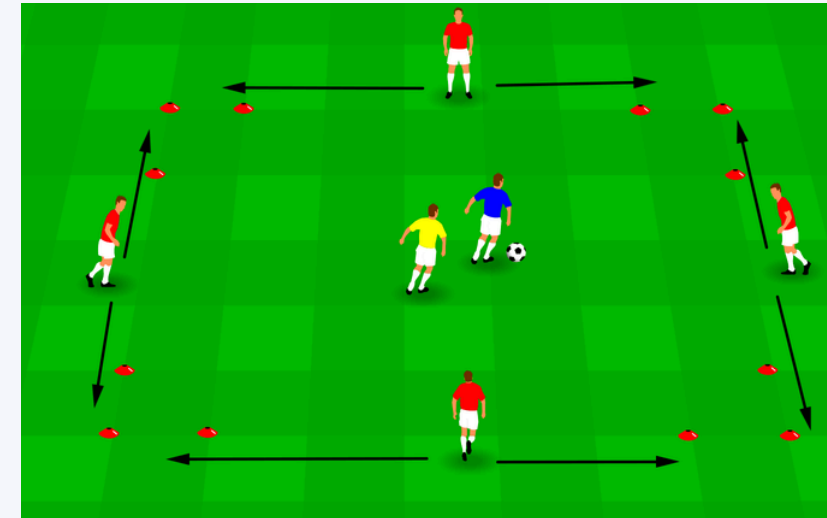


SET UP

Set up a 20 x 20 playing area with some gates within the playing area.

The gates are two cones 3-5 yards apart

ACTIVITY 2

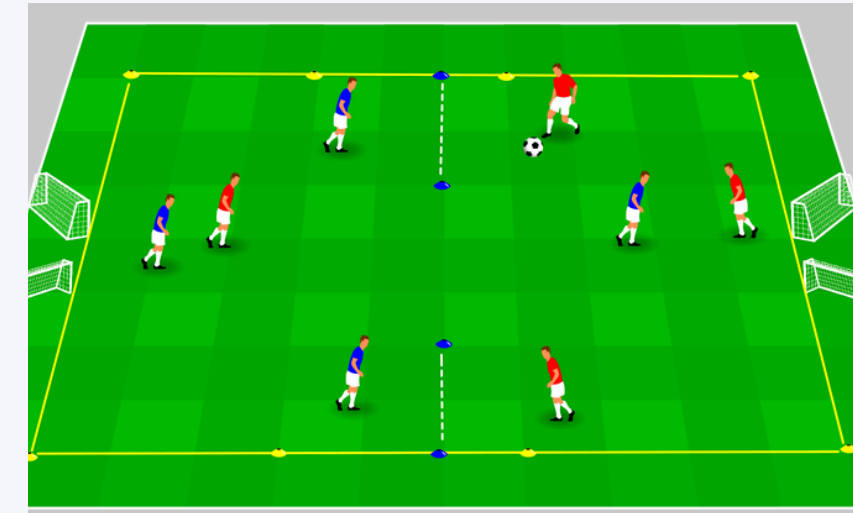


SET UP

Set up one grid for every 6 - 7 players.

Grid size is 15 x 15 yards with 2 yard gates in the corners as pictured.

ACTIVITY 3



SET UP

Set up a 20 x 30 yard field with nets in the centre channel of the field on an angle facing the wide channel.

Then, set up two 5-yard gates at the halfway point.



ACTIVITY 1

EQUIPMENT

Cones
Soccer Balls

ACTIVITY DESCRIPTION

Players work in pairs juggling the ball and passing to each other, making sure the ball is kept up in the air at all times.

On the coach's cue, the pairs transition immediately to play 1v1 duels.

The aim is to dribble through one of the cones gates to score 1 point for your team (blues vs whites).

The player with the ball continues trying to score by dribbling through different gates until the coach resets.

COACHING POINTS

Dribbling

- Keep the ball close
- Find the open space to attack
- Utilize your 1v1 Moves / Fakes to avoid the defender

Defending

- Press up to the attacker quickly
- Force the attacker to go to one side

Transition

- Quickly shift into the next phase of the activity (attack to defend and defend to attack)



COACHING CONSIDERATIONS

1. Turn quickly to face the defender in the transition into a 1v1 duel.
2. Maintain a low centre of gravity for better balance and control, looking to perform quick feints and changes of direction to beat the defending player.
3. When shielding the ball, keep your body between the defender and the ball, using your arms for protection.

ACTIVITY 2

EQUIPMENT

Cones
Soccer Balls

ACTIVITY DESCRIPTION

To set up, there are two players inside the grid and four players on the outside of the grid.

To start, a ball is played into one of the player inside the grid. After receiving the pass, the player inside will look to dribble outside of the grid with the ball under control through the gates set up in the corner.

The four defenders must move around the grid blocking off the gates, while the attacker must find the opening gate while also under pressure from another player.

Two minute rounds, then rotate with another 2 players on the outside.

COACHING POINTS

Defending

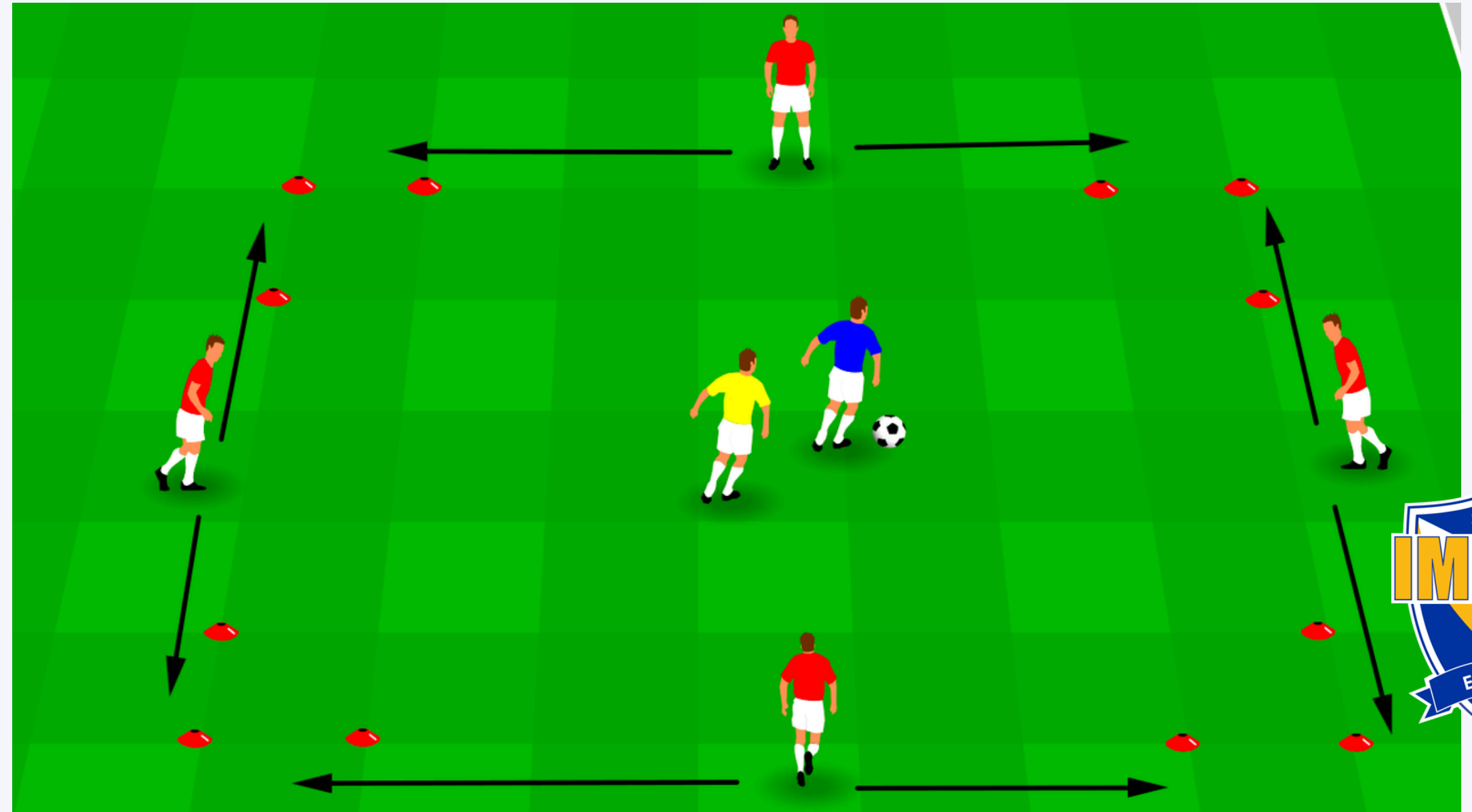
- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think

Dribbling

- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to



COACHING CONSIDERATIONS

The attacking player should be working on their evasive moves to trick the defenders and attack the space quickly once they have the space created to find the empty gate

The defenders on the outside of the grid can move around the grid to prevent the attacker from exiting the playing area through the corners.

SCORING SYSTEM

Players get a point when they are able to successfully dribble outside of the grid with the ball under control.

ACTIVITY 3

EQUIPMENT

- Cones
- Soccer Balls
- Pinnies
- Nets

ACTIVITY DESCRIPTION

Set up the field as pictured and divide the players up into 2 teams. The two teams are set up on the inside with subs set up on the outside waiting for their turn.

Just a regular game, teams are scoring directionally. If an attacking player can dribble through the gates on the wide channels and score, the goal will be worth 3 points total.

Look to make subs every 1:30 - 2 minutes.

Play is restarted on either a dribble in or a kick in.

COACHING POINTS

Dribbling

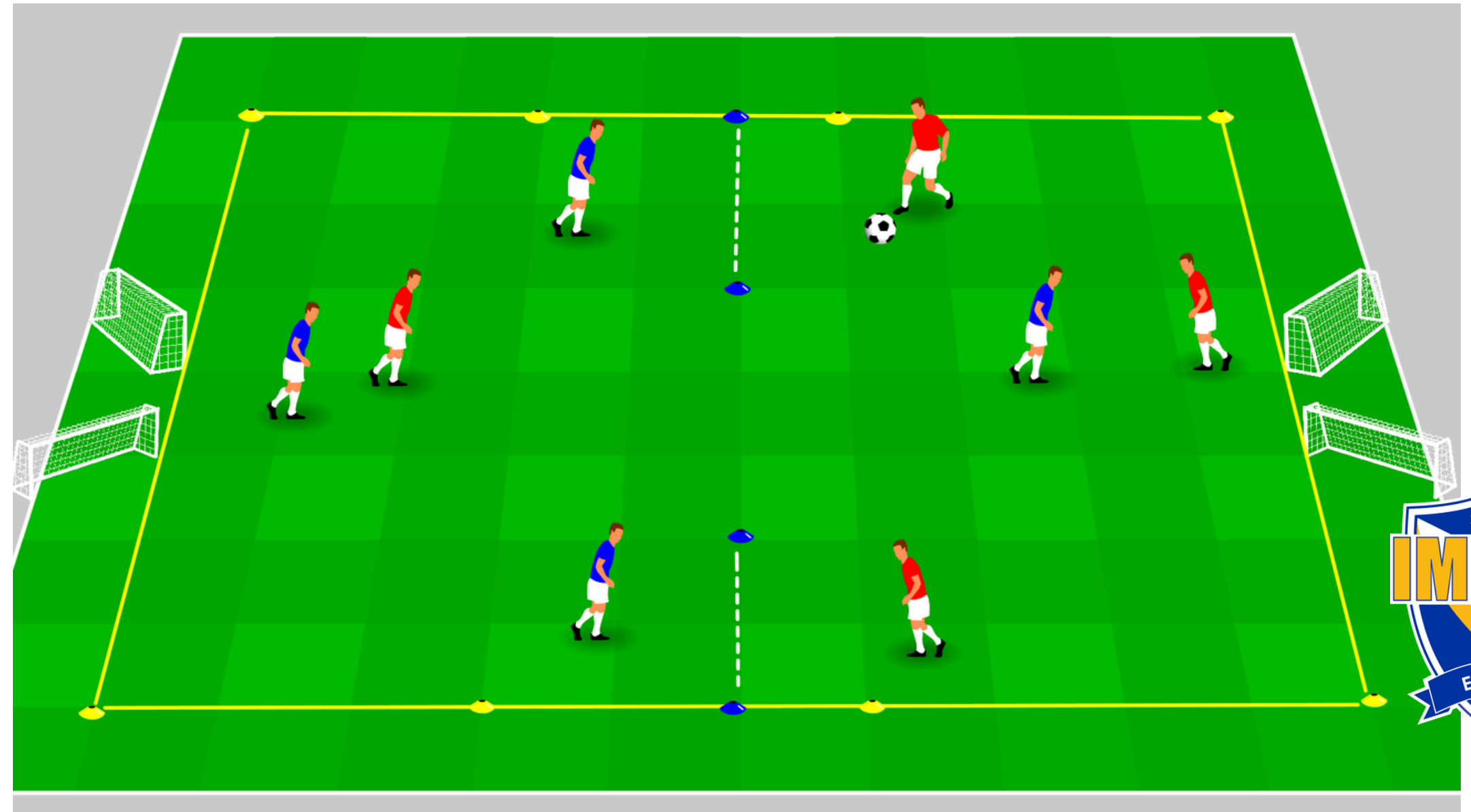
- Keep the ball close
- Find the open space to attack

Passing

- Be patient, control the ball before passing the ball
- Eye contact with the player you are looking to pass to

Defending

- Keep the play to one side
- Pressure the ball, don't allow the attacker time to think



COACHING CONSIDERATIONS

Since the opposition can get a point from intercepting the ball, can we be more considerate and focused on our passing or look to dribble the ball more than forcing a pass.

Additional Constraints to get what we want out of the game could be players have to take a minimum of 3 touches prior to passing the ball.

SCORING SYSTEM

1 Point = Goal Scored on a Net

1 Point = Dribbling the ball through one of the two wide gates.