



SESSION 3 - DRIBBLING

ACTIVITIES

Warm-up (10-15 Minutes)

- A. Start by having players dribble in and out of each other with their hands. At your command, have them stop their balls with various parts of the body as identified by colors. Example - red is right hand, blue is left foot, rainbow is forehead, etc.
- B. Have players jog with a ball at their feet in the same direction. When you call a number that many players must come together with balls touching each other. Example: the call is three; the players must form the units of three. Those players unable to form a unit of three do three half- push-ups
- C. On command, have the players throw the ball from behind through their legs, do a forward roll, and retrieve it.
- D. Throw the ball in the air, clap three times, leap in the air and catch it. Change the variables to suit your objectives, e.g., throw ball and touch the ground or throw ball and touch the ground with an elbow, etc.

Individual Activities (10-15 Minutes)

- A. Have players dribble their ball in large spaces and try to cover the space. Example: several may choose the penalty area, while others the center circle, etc. Demand that they be creative.

Small-Sided Games

- B. Bring the above activity to designated places on the field with all of the players dribbling in that particular area.
- C. Once in the designated area, have half the players place their balls outside the area and act as passive defenders. Intensify defensive pressure as you see fit.

Small Group Activities (10-15 Minutes)

- A. Start a dribble tag game in which several players without the ball are it, and they must tag a dribbler to get his ball. They exchange and the game continues.

EMPHASIS/COACHING POINTS

- A. Getting players organized and functioning as individuals and within a unit.
 - B. Encourage players to dribble with their eyes up.
 - C. Watch for coordination and agility with emphasis on ball control
 - D. Watch for upper body control and vision.
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- A. Look for and highlight players making creative moves.
 - B. Emphasize body swerves.
 - C. Encourage directional change.
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- A. Watch and congratulate players that scheme (not cheat).



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- B. Create a human obstacle course where half of the players are stationary in all kinds of weird positions and the rest of the group dribbles around them.

Large Group Activity (10-15 Minutes)

- A. 5 v. 5 or more playing across the field. Award multiple points for proper or creative dribbling, but always one point for a goal.

EMPHASIS/COACHING POINTS

- B. Sportsmanship opportunities, or lack of, are quite apparent.

- A. Free play with coach stopping play briefly to reiterate points made earlier about dribbling. Be sure to highlight and congratulate good dribbling technique.