



## SESSION 4- DRIBBLING - CHANGE OF DIRECTION

### ACTIVITIES

#### Warm-up (10-15 Minutes)

- A. Ask players to dribble in and out of each other in a restricted area; no collisions.
- B. Ask players to turn with the ball and move in the opposite direction every time another player occupies the space in front of them. Turn and go!
- C. Ask players to burst (with the ball) into any open space around them. As players dribble in and out of each other, spaces always open and close.
- D. Take two balls out of the playing area. The players without a ball must quickly try to get one. If a player doesn't have a ball, he should get one. If they have one, they should try to keep it.

#### Individual Activities (10-15 Minutes)

- A. Ask players to dribble towards a cone 10 yards away. Just before they reach the cone they should turn the ball with the bottom, instep (laces), or outside of the foot and burst back to their starting point. A partner will then perform the same activity.
- B. Ask players to circle around you or a cone 10 yards away. Ask them to dribble at you and then turn the ball away just before they reach you. Use the same parts of the foot to turn the ball as above.
- C. Again, ask players to dribble in and out of each other in a defined area. When another dribbler bars their path, they should turn as you've just shown them.

#### Small Group Activities (10-15 Minutes)

- A. Ask two players to play 1 v. 1 to a cone. Beat your opponent and hit the cone.
- B. Play 1 v. 1 between two cones 12 yds apart. The objective is to hit your opponents goal.

#### Large Group Activity (10-15 Minutes)

- A. Divide into two teams, (two colors), and play unrestricted soccer, to two goals, with goalkeepers.

### EMPHASIS/COACHING POINTS

- A. This will warm them up and get them functioning in a game environment.
  - B. Ask players to avoid moving into closed spaces. Play tag, touch others but don't get touched.
  - C. Players must begin to recognize open space and activate themselves to move into it
  - D. Players will develop the ability to shield and move with their ball.
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- A. Show (slowly) how to dribble forward and make a turn with each of the parts of the foot. Let them go!
  - B. Act like a monster in the middle so that they will try to keep away from you. Have fun!
  - C. Watch and see what they've learned.
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- A. Encourage goals! Change partners about every minute. Rest as needed.
  - B. Each pair should have an area of their own to play on. Change opponents every minute or so. Each 1v1 should not go more than 1 minute
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- A. Let them play!