

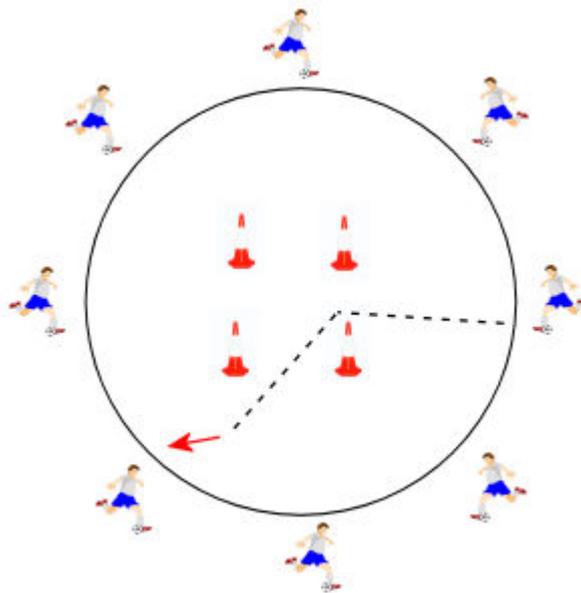
Dribbling Drill 1 - In and out of circle

Aim: To improve dribbling technique

Suitable for: U7's and upwards

Equipment: Marked area, 4 cones, 1 ball for each player

Organization: Players make a circle with a ball placed behind each player. One player starts by dribbling a ball to the centre box, changes direction then dribbles towards another player who advances to receive ball and dribbles towards centre box. Continuous practice.



Progressions:

- Add more balls so 2 or 3 or more players are dribbling at the same time
- Dribbling player and receiver exchange 2 passes before lay off
- Encourage players to increase tempo

Coaching Points

- What part of the boot to use
- The distance the ball should be away from the dribblers feet
- Head up / vision / awareness
- Communication

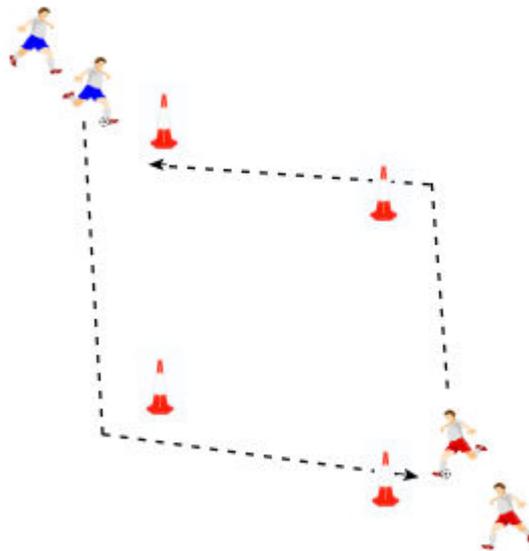
Dribbling Drill 2 - Rhomboid

Aim: To improve dribbling technique

Suitable for: U7's and upwards

Equipment: Marked area, 4 cones, 2 balls

Organization: Continuous practice. Players dribble with ball 20m to cone then pass to the front player of the other group whose first touch should take him in the direction he needs to go, towards the cone. Both sides can go at the same time.



Progressions:

- Encourage players to increase tempo
- Add 5 cones at start of run for player to dribble through

Coaching Points

- What part of the boot to use (inside for dribbling, outside when running with ball in open areas)
- The distance the ball should be away from the dribblers feet
- Head up / vision / awareness
- Communication

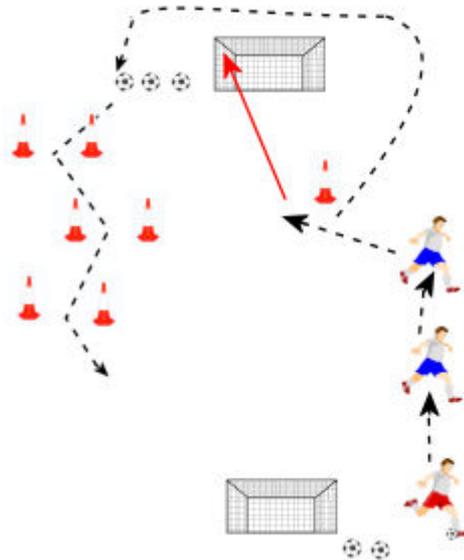
Dribbling Drill 3 - Beat the players and shoot

Aim: To improve dribbling technique

Suitable for: U9's and upwards

Equipment: Marked area, 2 goals, 8 cones, 10 balls, 3 mannequins

Organization: Player dribbles towards mannequins and beats them with a trick (e.g. step over). The player then changes direction around centre cone and shoots. The player then sprints around the goal and picks up another ball, dribbles through the cones, beats the mannequin and shoots. Continuous practice.



Progressions:

- Replace mannequins for defenders, one at a time
- Encourage players to use both feet
- Encourage players to increase tempo
- Add goalkeepers

Coaching Points

- What part of the boot to use when dribbling
- Different methods of beating a player 1 on 1
- Head up / vision / awareness

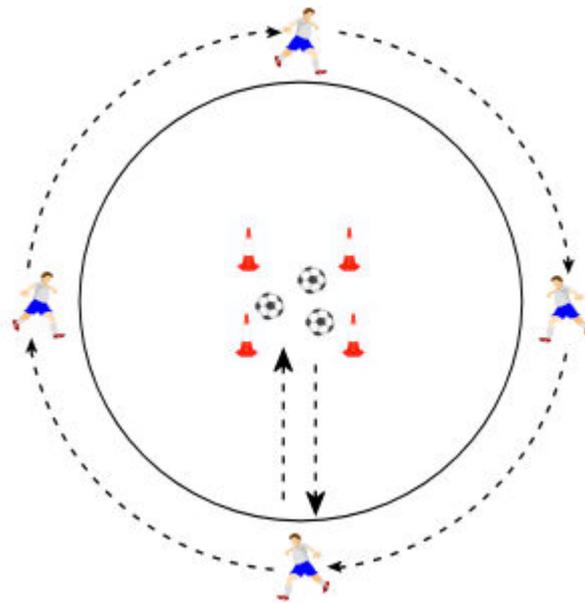
Dribbling Drill 4 - Last man out

Aim: To improve dribbling technique

Suitable for: U7's and upwards

Equipment: Marked round area, 1 ball for each player.

Organization: As shown in diagram. Players dribble around the area in any direction keeping the ball close under control. On the coaches command all players must try and tackle another player and kick their ball out of the circle, whilst protecting their own ball. Players who have their ball kicked out of the circle retrieve their ball and dribble around the circle until there is one person left with a ball. Continuous practice.



Progressions:

- Players to use weaker foot only
- Encourage players to increase tempo
- Make circle smaller or larger

Coaching Points

- What part of the boot to use when dribbling
- How to shield the ball from opposition
- Different methods of keeping the ball, change of direction, change of pace
- Head up / vision / awareness of space

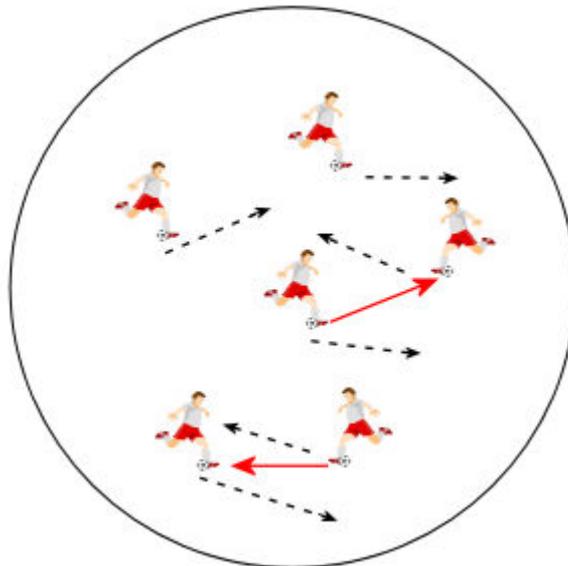
Dribbling Drill 5 - Opponents ball out

Aim: To improve dribbling technique

Suitable for: U7's and upwards

Equipment: Marked round area, 1 ball for each player.

Organization: As shown in diagram. Players dribble around the area in any direction keeping the ball close under control. On the coaches command all players must try and tackle another player and kick their ball out of the circle, whilst protecting their own ball. Players who have their ball kicked out of the circle retrieve their ball and dribble around the circle until there is one person left with a ball Continuous practice.



Progressions:

- Players to use weaker foot only
- Encourage players to increase tempo
- Make circle smaller or larger

Coaching Points

- What part of the boot to use when dribbling
- How to shield the ball from opposition
- Different methods of keeping the ball, change of direction, change of pace
- Head up / vision / awareness of space

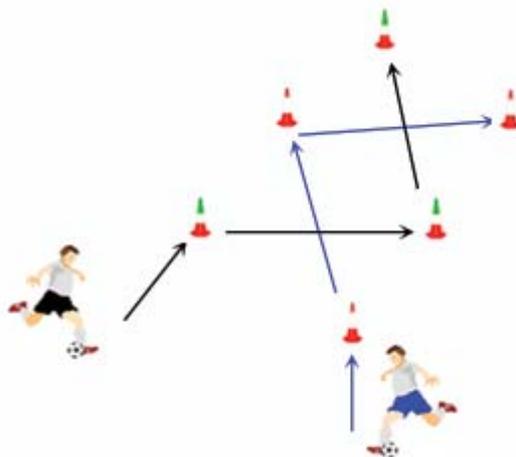
Dribbling Drill 6

Aim: To improve dribbling technique

Suitable for: U7's and upwards

Equipment: Marked area, 6 cones, each player has a ball

Organization: Set up as shown in diagram. Players split in to 2 teams. Cones of 2 different colours are placed randomly around the area. On the coach's command the players dribble with the ball and turn over as many of the opposition's cones, whilst also turning back over their own cones and keeping control of the ball in 1 minute. Both sides can go at the same time. Continuous practice. The team with the least cones upside down wins.



Progressions:

- Encourage players to increase tempo
- Place cones around the outside of the area, when a player turns a cone over they must dribble around an outer cone before turning over another cone.

Coaching Points

- What part of the boot to use (inside for dribbling, outside when running with ball in open areas)
- The distance the ball should be away from the dribblers feet
- Head up / vision / awareness of space

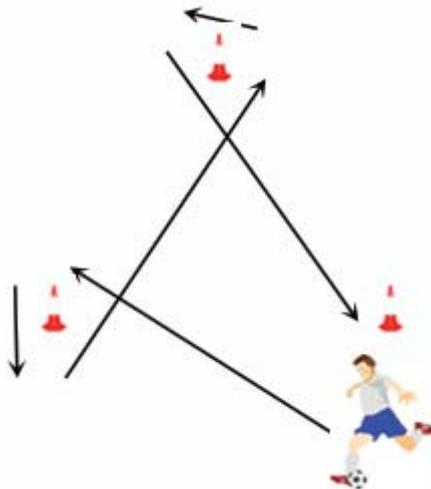
Dribbling Drill 7

Aim: To improve dribbling technique

Suitable for: U7's and upwards

Equipment: Marked area, 3 cones and 1 ball per player

Organization: The player dribbles around the 3 cones in any direction for 1 minute. Continuous practice.



Progressions:

- Increase the distance between the cones
- Players must incorporate turns and tricks
- Add another player to dribble around the same cones.

Coaching Points

- What part of the boot to use when dribbling (inside, outside, sole)
- Head up / vision / awareness
- Encourage players to use both feet
- Encourage players to increase tempo

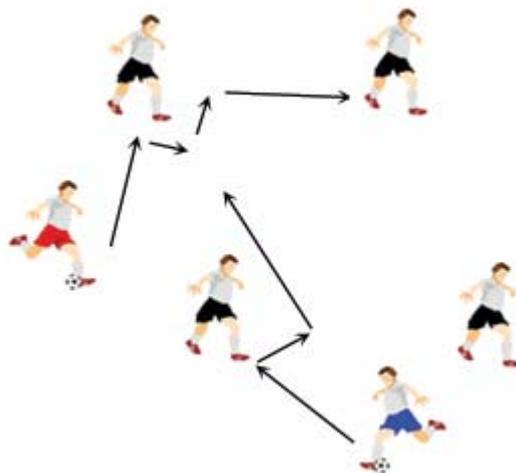
Dribbling Drill 8

Aim: To improve dribbling technique

Suitable for: U7's and upwards

Equipment: Marked round area, 1 ball for each player, mannequins (other players or cones).

Organization: Set up as shown in diagram. Players dribble around the area in any direction keeping the ball close under control, either dribbling around the mannequins, cones or other players or directly at them doing a trick or turn. Continuous practice.



Progressions:

- Players to use weaker foot only
- Make area smaller or larger
- Add more mannequins or defenders

Coaching Points

- What part of the boot to use when dribbling (inside, outside, sole)
- How to shield the ball from opposition
- Different methods of keeping the ball, change of direction, change of pace
- Encourage players to increase tempo
- Head up / vision / awareness of space

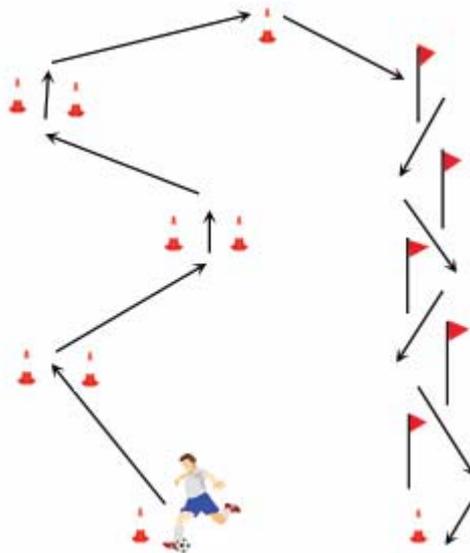
Dribbling Drill 9

Aim: To improve dribbling technique

Suitable for: U7's and upwards

Equipment: Marked area, 1 ball for each player, cones and slalom poles.

Organization: Set up as shown in diagram. Players dribble from the starting point through the cones, around the top cone and through the slalom poles whilst keeping the ball close under control. Continuous practice.



Progressions:

- Players to use weaker foot only
- Make the distance between the cones and slalom poles smaller or larger
- Add defender instead of top cone
- Players to go opposite way around activity

Coaching Points

- What part of the boot to use when dribbling (inside, outside, sole)
- How to shield the ball from opposition
- Encourage players to increase tempo
- Players encouraged to use both feet

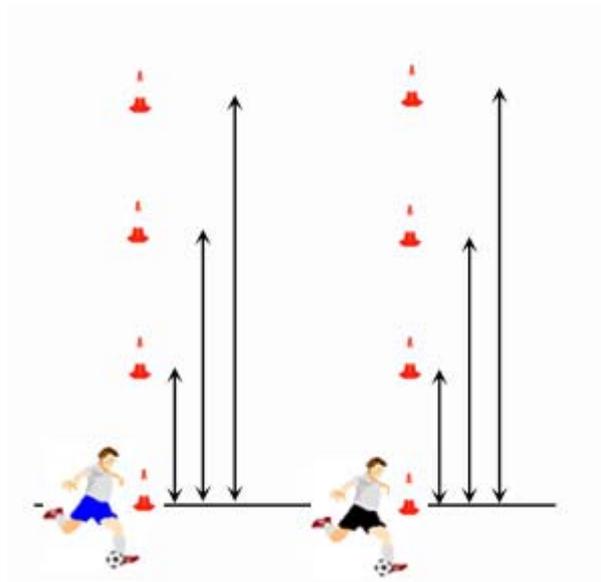
Dribbling Drill 10

Aim: To improve dribbling technique

Suitable for: U7's and upwards

Equipment: Marked area, 8 cones, 2 balls

Organization: Set up as shown in diagram. Players dribble with the ball to the 1st cone, turn and dribble back to starting cone. They then turn and dribble to the 2nd cone and back, then the 3rd cone and back. The player stops the ball on the line and the next player repeats the practice. Both sides can go at the same time. Continuous practice.



Progressions:

- Encourage players to increase tempo
- Add more cones or increase distances between them
- Have a race between the teams

Coaching Points

- What part of the boot to use (inside for dribbling, outside when running with ball in open areas)
- The distance the ball should be away from the dribblers feet
- Head up / vision / awareness

Dribbling Drill No.11

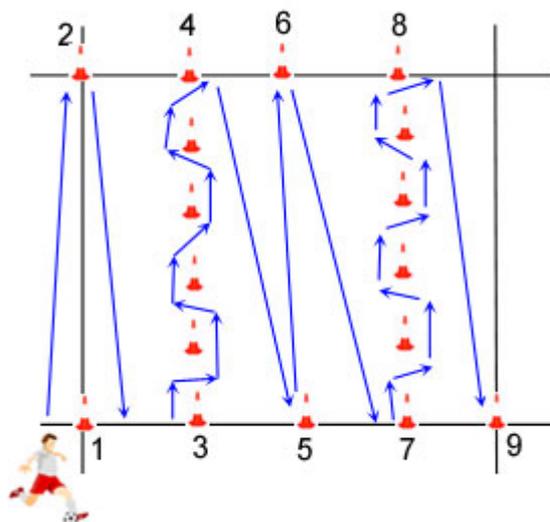
Aim: To improve dribbling techniques

Suitable for: U7's and upwards

Equipment: In an area appropriate for age and ability you will need cones and 1 ball for each player.

Organization: Set up the cones in a marked off area, with five on the starting line and four opposite these, as shown. Between cones three and four and seven and eight, place at least four more cones.

The aim is to dribble the ball from cone one to cone nine. Players dribble to cone two and back down to cone three. Players then dribble in and out of the cones up to cone four, dribble back to five, up to six and down to seven. Players then dribble in and out of the cones up to cone eight and back down to nine, then back to one and start again. 5 laps.



Progressions:

- Encourage players to run at pace
- Mirror the practice and have races
- Time each lap as a target for each player to beat
- Move cones closer together to challenge skills

Coaching Points

- Players encouraged to use both feet
- Emphasis is on keeping the ball close to feet and keeping control of the ball
- Encourage players to use tricks and pieces of skill

- Feints / drop shoulder, nutmegs, knock & run, big toe little toe, etc.

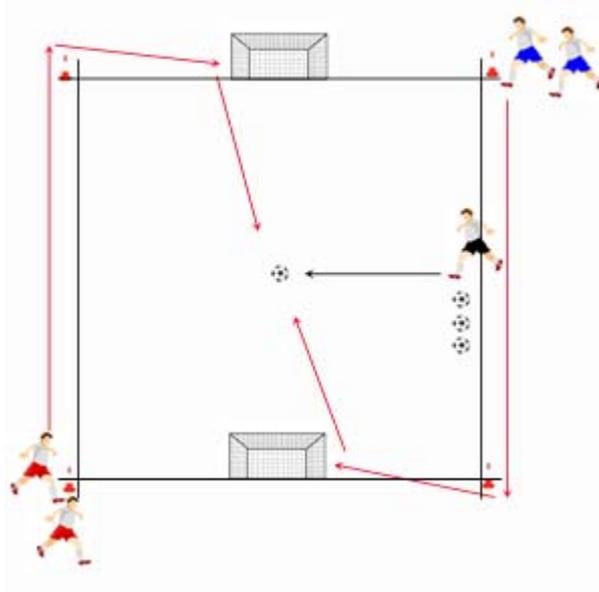
Dribbling Drill 12

Aim: To improve dribbling technique

Suitable for: U9's and upwards

Equipment: Marked area, 2 goals and balls

Organisation: Set up as shown in diagram. Players are split into 2 groups, each group numbers their players. The coach calls a number and those numbered players must run around the pitch, touch the goal post then go for the ball which the coach has knocked in to the middle, the 2 players must now compete for the ball and score. (Small goals, no goalkeeper or bigger goals with a goalkeeper)



Progressions:

- Coach can shout 2 numbers
- Coach can shout 3 numbers
- Make area smaller or larger

Coaching Points

- How to shield the ball from opposition
- Different methods of keeping the ball, change of direction, change of pace
- Players encouraged to beat the opponent with a piece of skill
- Head up / vision / awareness of space

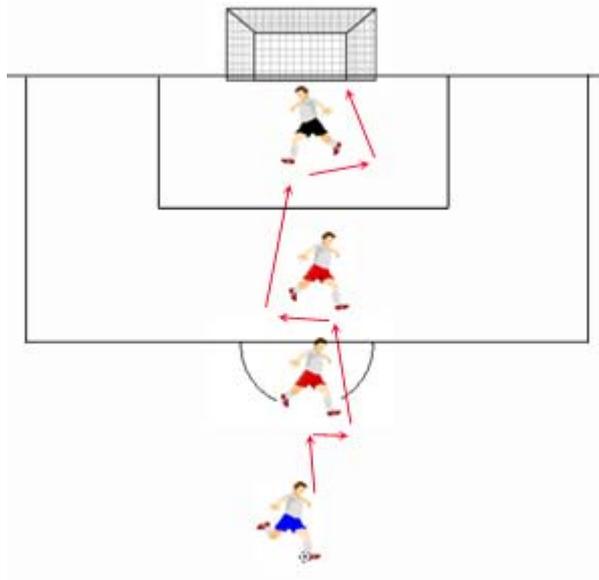
Dribbling Drill 13

Aim: To improve dribbling technique

Suitable for: U9's and upwards

Equipment: Marked area, 1 goal, 1 ball per striker

Organisation: Set up as shown in the diagram. Players dribble from the starting point with the ball to the 1st area where a defender is positioned. After dribbling past this defender the player must now take on the 2nd defender. Then with a clear run on goal the striker must go around the keeper to slot the ball into the net. Continuous practice.



Progressions:

- Encourage players to run at defenders and goalkeeper at pace
- Increase distances between defenders
- Add another defender, start run from half way line

Coaching Points

- What part of the boot to use (inside for dribbling, outside when running with ball in open areas)
- The distance the ball should be away from the dribblers feet
- Players encouraged to do drill or pieces of skill to beat defenders
- Head up / vision / awareness of space