

## U-13 Week 2 Dribbling Practice

### **Warm Up: 5min.**

**Juggling** – Everyone should begin to juggle upon arrival. Hand – thigh – catch, a couple of times. Hand – foot – catch a couple of times. Hand – bounce – foot – bounce -... Hand – feet – (no bounce) - ... “The ultimate goal is to start with the ball on the ground and juggle.”

### **Skill Work: 15 to 20min.**

#### **Figure 8's**

In groups of 3's everyone needs a ball, have two players stand 4 to 5 yards apart with their ball just in front of them. The third players starts in the middle and will dribble around the outside player and cut back though the middle and then around the opposite player then repeat making a figure 8. Each person should go for about 30 to 45 seconds then tell them to switch. You can make this a competition by telling each person in the group to make 3 figure 8's then the next person can go. When everyone is done the entire group has to sit down to win.

**Variations:** Do this with the inside of the feet only, right foot only, left foot only, and outsides of the feet only.

1. Inside/Outside, Zig Zag – With one foot zig zag dribble the ball forward from the inside of the foot one touch, to the outside of the foot one touch continuously. (Distance 25 to 30 yards.) The repeat with the other foot.
2. Inside/Outside Dribbling With Both Feet – Dribble with the inside of your right foot across your body. The next touch is with the outside of you left foot, then the inside of your left foot across your body. The next touch is with the outside of your right foot. (Repeat sequence, do this 2 or 3 times)
3. Step Over (Stationary)- With one foot, step over the ball from outside to inside. Take two steps on that side of the ball to regain your balance and repeat. Do this for 20 to 30 seconds, 2 or 3 times.
4. Step Over – dribble with the ball in front of you. With one foot, step over the ball from outside to inside. Touch the ball with the outside of the same foot at 45 degree angle forward.
5. Scissors (Stationary) - plant your right foot to the outside of the ball and swing your left leg around the front of the ball in a counterclockwise direction. Your foot will go from the right side of the ball to the outside (left) side of the ball. Plant your left foot and then repeat same motion in the other direction with your right foot. Repeat the move over and over making a scissor motion around the ball. Do this 2 times, 20 to 30 seconds each time.

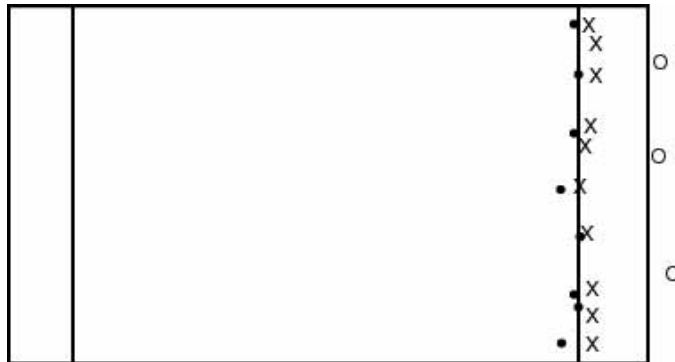
6. Scissors - The objective of this move is to simulate a change of direction to the outside. Start by dribbling forward, plant your right foot to the outside of the ball and swing your left leg around the front of the ball in a counterclockwise direction. Your foot will go from the right side of the ball to the outside (left) side of the ball. Plant your left foot and use the outside of your right foot to push the ball and accelerate away from the defender.

## Game Using Skill: 10 to 15min.

### Speed Dribbling

Here is an activity that works on speed dribbling and also getting the ball under control after dribbling with speed.

Start with a 40-yard field with a 5-yard "buffer zone" on each end. If there are 10 players at a practice have players start on the end line, each with a ball. The other 3 players start 5 yards back without a ball. See the diagram below for the basic setup.

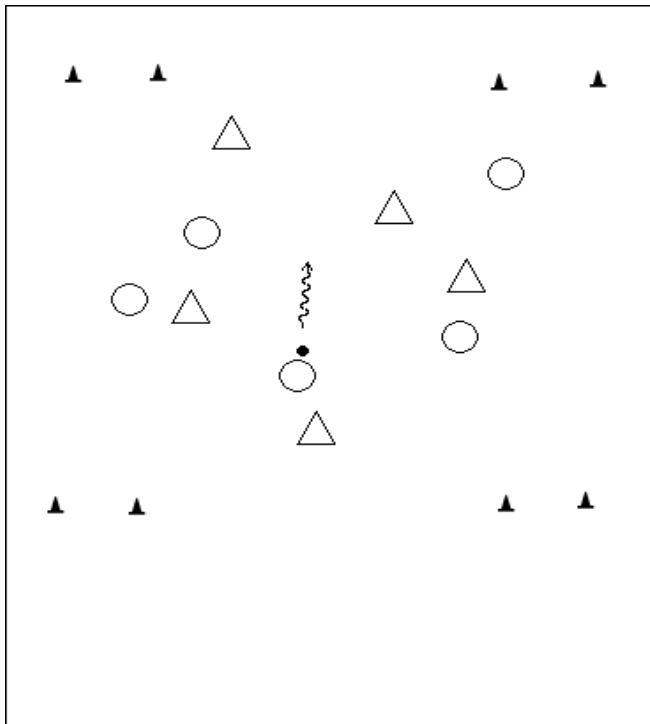


When the coach tells them all to start, the 7 players with the balls try to dribble at full speed down to the other end line and get three touches on the ball in the far buffer zone. The 3 other players are trying to stop them by either winning the ball, playing the ball away or knocking the ball over the end line. If the players with the ball are able to control the ball in the opposite buffer zone with three touches on the ball, they get to go again in the next round. If the players with the ball lose the ball, they join the defenders in the next round. The last player with a ball wins.

With 10 players you can play this game 4 times to have each player have a chance starting as a defensive player and each player has 3 chances starting as an attacking player.

Not only does this activity work on speed dribbling, but it's great for shielding, turns, change of pace and direction, as well as, an excellent fitness workout.

### Another Game: 20min.



### Four Goal Soccer Game

**Setup** - Large field with four small goals.

**The game**- regular soccer game but each team has two goals they can shoot for.

**Coaching points**- for *offense*-they are basically up a player and can take advantage of the game by SWITCHING FIELD. When the opportunity presents itself, emphasize penetration dribbling. *Defensively* they need to play smart because the extra goal will make it seem like they are playing down a player.

### Game: 20 to 25min.

5v5 or 6v6 to goal, goalie's optional.