

U-10 Week 1 Dribbling Practice

By Lee Swafford

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: 10 to 15min.

Toe Taps – tap top of ball with sole (toe) of right foot, then left foot, alternating feet in a dance, staying on balls of feet, 10 stationary, 10 while traveling in a circle around ball.

Inside - Inside– with ball between feet, pass the ball back and forth between feet rapidly; Try to keep the ball back by your ankle bone. 30 second intervals.

Pull Instep Push – with ball in front, pull back with right foot and tap forward with instep; repeat with left foot; 10 times alternating each foot.

Pull Pivot Push – dribble the ball forward 2 or 3 times, pullback with right foot, turning toward ball opening up your hips and pushing it with the inside of the foot changing direction 90 degrees to the right, and repeat by pulling ball back with left foot; repeat ten times with each foot.

Laces Dribbling – Give them an example, toe pointed down dribble ball forward with ball touching laces. **Coaching point:** This is considered speed dribbling or how you should dribble fast. Let them do this 3 or 4 times to you or a set cone, stop at cone then back. (Distance 20 to 25 yards.)

Inside of the Foot Dribbling – Give them a quick example, toe pointed up ball back by the ankle bone. Let them do this 1 or 2 times to you or a set cone, stop at cone then back. **Coaching point:** This is a slower dribbling method, but the surfaced used to dribble is bigger and so better control is felt with the foot. The player should feel more comfortable with the ball and be able to pick their head up and survey the field for open space on the field or passing options.

Progression: Stand at one end and ask them to dribble with the inside of their foot toward you with their head up as much as possible. Hold up a number 1 through 5 on your hand and ask them to call that number out when they see it. Then switch ends and repeat 3 to 5 times. (Distance 25 to 30 yards)

Slalom Dribbling: Set up 3-4 lines, of 5 or 6 cones in a straight line spaced 5 yards apart. In groups of 2 or 3, one at a time, have them dribble through the cones around the last one and back through the cones. When the person going gets to the next to last cone tell them they can pass to the next person, then they go. Do this a couple of times then make it a race one line against the other. The players all have to sit down when they are finished to win the race.

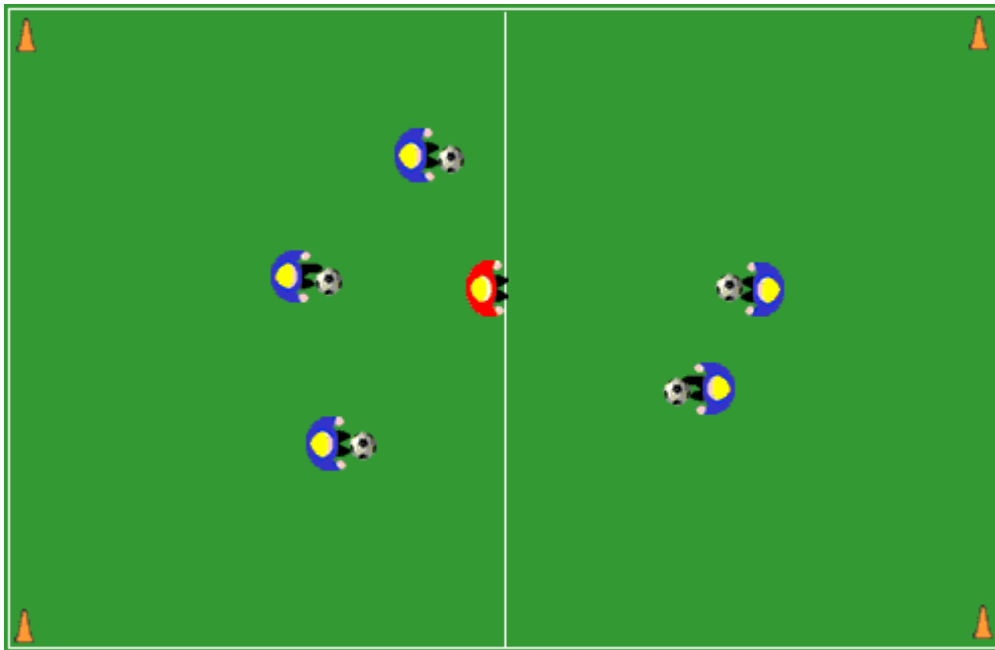
Coaching point: Emphasis on dribbling with their laces to be faster.

Progression: Dribble with right foot only, left foot only and insides only.

Game Using Skill: 10min.

freeze tag (or 'stuck in the mud')

Easy to explain, fun and fast moving, freeze tag (or 'stuck in the mud') never fails.



Playing:

- Select 1 player who is "it"
- Mark off a grid with cones 10 yards X 10 yards
- Each of the remaining players should be standing in the grid with a ball waiting for the coaches whistle.
- On the coaches whistle, the player who is "it" tags "freezes" as many players as possible
- If a player is tagged, he/she must pick the ball up, hold it over their

head and spread their legs. They should be encouraged to shout 'help!' as loud as possible.

- To get "unfrozen" another player (teammate) must dribble to and pass the ball through the spread legs of the "frozen player".
- Once the player is "unfrozen", he/she resumes dribbling in the grid.
- If a player dribbles the ball outside of the grid, that player is "frozen".

Coaching Points:

- Players must dribble and keep close control of their ball.
- Players must keep their head up and see where the "tagger" is located.
- Players must dribble away from the "tagger" and dribble toward teammates who need to be "unfrozen".

Competition, Variations & Restrictions:

Coach should keep track of 'records', i.e.:

- in how many seconds can a "tagger" freeze all the players?
- the most number of players still "frozen" after a 30-45 second time frame.

Progression: The tagger now has to dribble a ball as well. This is more difficult, depending on your numbers you may want to make it two taggers now. Also, if it continues over one or two minutes add more taggers.

Another Game Using Skill: 15 to 20min.

End Zone Game



The Game

Set up field as shown with two equal teams and seven yard "End Zones" at each end. Score a goal by getting the ball from one "End Zone" to the other by passing or dribbling. Once a goal is scored, get the other team to immediately attack going in the other direction. The end zones are "free". Only the attacking team can enter this area.

Progression: After they have gotten the hang of the game, make it "make it take". So the team that scores in the end zone then keeps the ball and attacks the other direction, thus keeping the ball when they score. "make it take it"

Coaching Points:

- Attacking and defending principles
- Counter attack
- Passing and receiving
- Dribble with speed/acceleration

Game 5 v 5 Goalies Optional: 10 to 20min.

Finish With: Compete to Score

How it works:

The coach stands behind Players 1 & 2 with a supply of balls for both players, who are facing the goal. The coach passes the ball between the two players.

As soon as Players 1 & 2 see the ball they react to run forward and compete for the ball. If Player 1 wins the ball they try to score while Player 2 tries to tackle or apply pressure to Player 1. If Player 2 wins the ball then they try to score.

Have 1 GK if you have an odd number or 2 GKs who can keep switching if you have an even number. They could swap with another pair after ½ rounds.

Players can compete several rounds against the same partner or switch partners and compete as 2 teams. The coach can favor a player with the pass if they have not gotten to the ball first after 2/3 rounds.

Possible changes

Vary the feed eg. a bouncing ball or high throw in the air.

Players start in different positions eg. facing coach, sitting, kneeling on all fours, lying down etc.

