

COACHING RESOURCES

Training ideas for dribbling:

1. Red light, green light – dribbling in one direction, players dribble to a line 10 yards (Use cones to show line) away as coach yells out ‘red, yellow or green’. On red, players places foot on ball; yellow, player dribbles slowly; green, player dribbles as fast as they can.
2. See you in the middle – change of direction: Set up grid 10 x 10 yards (using cones/discs) and place cone at each corner and in the middle. Divide players into four groups and place behind each corner cone. First player in each group dribbles to middle cone and then turns and dribbles back to their cone. Rotate players after each run to a new cone (clockwise movement).
3. Snooze you lose – Set up 10 x 10 yard grid using cones. Pair up players and have them practice shielding. The player with the ball attempts to keep it away from the defender by dribbling around the grid while the defender attempts to steal the ball. Try to keep players in the grid – teach them about space and boundaries.
4. Crab monsters – Set up 10 x 20 yard channel with the dribbler attempting to move from beginning of channel to end of channel. On their dribbling way they encounter crab monsters who are the defenders but they are on all fours (two feet and two hands). Defenders attempt to rob dribbler of ball in the channel. Switch dribblers to crabs.
5. Bumper cars – Create a 20 x 20 yard grid, each player with ball dribbles around the grid without hitting the other player’s ball. Coach can call out ‘freeze’ to stop play with player’s places foot on ball.
6. Top gun – Create 20 x 20 yard grid, each player with ball dribbles around the grid. Each player protects their ball and attempts to kick any other player’s ball out of the grid. Last player in ball possession wins
7. Cat and mouse – Create channel 10 x 20 yard channel. All players (mice) have a ball except the CAT. The Cat calls for the mice to run down the channel. Cat attempts to steal the ball from the mice and kick out of the channel. Mice that got past the Cat to the end of the channel, turn around to come back the other way. All mice leave the starting line of the channel at the same time. Last mouse to have a ball wins. Rotate Cat.
8. JAWS – Create 20 x 20 grid, each player but one has a ball and dribbles around the grid. The one player without the ball is JAWS and JAWS attempts to kick the other player’s ball out of the grid. Each player protects their ball from JAWS. Last player in ball possession wins.
9. Martian Invaders – Create a 20 x 20 grid. Place 12 soccer balls in center of grid. One player is placed at each corner of the grid (four total at a time). Each player goes to center to retrieve the balls, one at a time. Once no balls are left in center, players may rob each other. First to get 4 balls to their corner wins. Variation is to put two or more players at each corner and have them work as a team (widen the grid).
10. Logan’s Run – Set up three 10 x 15 grids in a row. Place defender in back of each grid. A single attacker attempts to dribble by each defender. Defender tries to kick ball out of grid. Attacker tries to make it through all three grids. The defender must stay in their grid. Rotate defenders and attackers.