

# Soccer Coach Canada Practice Plans



## U-12 Dribbling Practice Plan

**Coaches Tip:** Every practice you lead should move along at a nice steady pace. Your players should be kept busy throughout, and very little time should be spent standing around talking to your players. If it takes you more than one minute to explain a drill, game or strategy....it is too complicated!

### **Warm Up: 10 Minutes of Dribble Till You Drop**

**Objective:** Develop player's ability to dribble with both feet and all parts of the foot.

**Set up:** Create a 20 x 30 playing area with cones. Each player has a ball. Coach should have a ball as well to demonstrate but not necessary if you are not confident in your playing skills.

**Rules:** Each player starts to dribble within the boundary. Coach will yell out a new instruction every 45 seconds. "Right foot only, left foot only, dribble with insides of your feet only, outsides of your feet only, outside of right foot only, souls of your feet, etc. Once every minute yell out "stop". This gives you a few seconds to give feedback and technique instructions and allows them a chance to catch their breath.

### **Game: Relay Race**

**Objective:** To develop player's confidence with the ball using both feet and all parts of the feet.

**Set up:** Using cones set up a 45' x 20' racing area. Put one cone at 15', one at 30' and one at 45'. Divide players into 3 teams of 4.

**How to play:** When coach yells "go" the first player in each group dribbles ball to first cone and back, then to second cone and back and finally to third cone and back. Next the second player goes and so on. When all 4 players have returned to the start the group sits down. First team to be sitting are the winners. Have 4 different races: regular, outsides of feet only, insides only and left foot only.

**Scrimmage:** On a 40' x 30' playing area play 4 vs 4. When a goal is scored the 3<sup>rd</sup> team takes the place of the team that was scored upon. Only rule is if you gain possession of the ball in your own end you must dribble it past half before you can pass or shoot.

**Cool Down:** Slow jog around the field followed by 5 minutes of static stretches.