

ATTACK

Any number of players may be used.

Mark off a square about 6ft x 3ft in which the coach stands. Individually, each player tries to dribble through the box, using any tricks or whatever works.

It's important not to push the players beyond their skill, or they won't get anything from this drill.

CALLING ALL THE RIGHT MOVES

Description of drill:

Place all of your players within the penalty box. Each player should have their own ball at their feet and be dribbling around the area. They should be using the entire area, weaving in and out of each other and moving from side to side. After the players feel comfortable with the space they are in, you begin to call out commands. You should call out things like:

"Turn Inside" (athletes should turn with the inside of their foot)

"Turn Outside" (athletes should turn with the outside of their foot).

"Turn Heel" (athletes should use a light heel pass, turn and run right back onto their ball)

"Turn Sole" (athletes should use the sole of their foot to turn the ball)

...as well as different moves that you have taught your kids such as "Step Over," and any others. After calling a command out, your athletes should follow the command and then have a burst of speed carrying the ball 5 or so yards. After that burst they should slow back down to a moderate pace and wait for the next command. To increase the difficulty of this drill you can label the moves with numbers. This makes it much more difficult for the athletes to process and makes them concentrate much more. For example "Turn Inside" would be "1", "Turn outside" would be "2" and so on and so forth.

What to look for Coaches:

It is important that your athletes listen to you and follow each command properly. It is your job to make sure they aren't continually doing the same moves. Make sure to change up the calls often, but don't be afraid to call the same thing a few times in a row to really make them think. This drill is a great way to warm kids up before practice. It allows them to get some light running in as well as some touches on the ball.

CONES

Any number of players can be used.

Players dribble a ball in a winding fashion around cones that are set out in a line.

VARIATION IDEAS

1) Try putting the cones in an S shape or circle to have variety.

2) Once a player reaches the end of the line of cones, have them dribble back through. To encourage the kids to "look up," start the next player up the row of cones at the same time that the previous player is dribbling back. They have to look up to avoid hitting each other.

MUSICAL BALLS

Description of drill:

Using the center circle of the field or even the penalty box have your players, each with their own balls, begin to dribble around the area. They should be moving at a descent pace, avoiding each other and keeping their heads up to do so. After they have been dribbling for a while, call out the

word "CHANGE." When you do this each player must stop their ball, leave it where they were, and run around the circle looking for another ball. It is important they get to new balls right away and continue dribbling. After allowing them to get comfortable with the concept of the drill, remove one player's ball. This player now must run around the drill without a ball. When the next "Change" comes about that person must try and find a ball leaving another player without a ball to dribble. After the first round (which was just explained) any player whom, after a "Change" doesn't end up with a ball, has to do 10 sit-ups. When done with their sit-ups they should get right back into the area, jog around, and wait for the next "Change" call to grab someone's ball. As the coach, make a conscious effort to make everyone the odd man out at least once (even if you have to cheat a little).

What to look for coaches:

This drill is fun and kids really enjoy the idea and pressure that's put on them to successfully find a ball. There are a few things you must be aware of, and a few rules you must lay down. A player can never swap balls with the same person 2 consecutive times. Often times athletes will buddy up with someone and make sure he or she always has a ball to jump to. So keep an eye out for that. Also you must make sure that the athletes are using the entire area given to them. Finally, make sure that the athletes are practicing moves and turns within the area. You don't want them to just be dribbling straight all the time. They should be weaving in and out of each other at a realistic speed.

SNAKE DRIBBLING

Title: Snake Dribbling.

The purpose of this activity is to improve the dribbling skills of young players aged 6-10.

The game is played in a grid that varies depending on the needs of the players. Make the grid smaller to make it more difficult for the players. Make it larger if the players are finding it difficult to achieve success. The coach must experiment with the size and find what works best for his or her team.

Divide players into groups of three or four. Have them stand in line, forming a "snake." The middle player starts with the ball.

The middle player (Player B) must try to follow the first person, or "head" of the snake (Player A) while dribbling. The third player (Player C) follows the second player and so on. From front-to-back, the players should be arranged as follows:

Player A (head of snake), Player B (Dribbles ball), Player C (follows dribbler)

On command, the middle player becomes the new head of the snake, while the old head of the snake goes to the end of the line and player C now has ball in middle. Now the players will be arranged as follows:

Player B (head of snake), Player C (Dribbles ball), Player A (follows dribbler)

Play continues as long as players are benefiting from the activity. It is best to use this activity as a warm up. No score is kept as players are concentrating solely on their technique.

Coaching points:

1. Head of snake should move at different speeds, including stopping.

2. Encourage moving in many different directions.
3. Middle player must keep eyes up to see the head of the snake.
4. Encourage use of many different surfaces of feet in contact with ball.

BUFFALO RUN

Any number of players can be used.

All players line up, with a ball, on one end line. The players try to dribble to the other end line without the coach, who stands in the middle, stealing their ball. The players who do lose their balls to the person in the middle must join that person. The game is over when only one person still has a ball.

KING OF THE CIRCLE

4 or more players are needed.

A circle is marked off as a playing area, and every player is in the circle, with a ball. The players dribble around and try to kick the other's balls out of the circle, while keeping control of their own ball. The last player with their ball in the circle wins.

LAST MAN OUT

2 players or more needed.

All players stand at a cone about 20 feet from a group of balls. There is one less ball than the number of players. On the coach's command, the players run to the balls, get one and begin dribbling. The player who didn't get a ball tries to steal one from the others. The coach keeps time and after a preset period has passed, the coach stops the game. The player, who, at that time does not have a ball, is out. Remove one ball from the group and repeat until there is only one person with a ball.

TAG

This drill is based on the common kids' game of tag. Mark off a grid or circle. Everybody needs a ball. Whoever is "it" must dribble to another player and tag him. The other player avoids being tagged by dribbling away from "it." If the player being chased loses his ball outside the grid, dribbles out of the grid, or is tagged, he is "it" and the game continues.