

Soccer Coach Canada Practice Plans



U-10 Dribbling Practice Plan

Coaches Tip: Demonstrate dribbling by comparing to basketball dribbling.

Emphasize lots of soft controlled touches on the ball keeping close to body. There is a difference between dribbling and kicking and chasing a ball.

Warm Up: 5 Finger Dribbling

Objective: Develop dribbling skills and keeping head up.

Set up: Set up two 20' x 30' areas with cones. Call them area 1 and area 2. Each player has a ball.

How to play: Players start with their ball outside of both areas. They must watch your fingers for directions. One finger indicates to dribble in area 1. When you hold up two fingers they must move to area 2 and dribble. Three fingers indicates that they should switch balls with one of their teammates and continue dribbling. Four fingers indicates they should dribble all the way around the outside of both squares. Five fingers means put your foot on the ball and catch your breath.

Game: Robin Hood

Objective: to improve dribbling skills and team work.

Set up: Set up 4 10' x 10 foot camps using cones. One camp is for team 1, another camp is for team 2, another camp is for team 3 and the fourth camp is for the balls. Camps should be approximately 40' apart. Place at least 12 balls in the ball camp. Make 3 teams.

How to play: On your command the 1st player in each group runs to the ball area and dribbles a ball back to his camp. This continues until all of the balls are captured. When all balls are captured each team has 1 minute to steal balls and dribble them back to their camp. Players are not allowed to guard their balls. The team with the most balls when time is up is the winner.

Scrimmage: Play a normal 4 vs 4 scrimmage with the rule that if you gain possession of the ball in your own end you must dribble all the way past half before you can pass or shoot. Goalkeepers as well!

Cool Down: Each player has a ball and slowly dribbles one time around the outside of the pitch.