



Coach: John Von Klopp
Club: Soaring Soccer Academy
Role: McFarland Soccer Boys DOC
Qualf: USSF Youth (United States)

Date: 23/Aug/2017

Duration: N/A

Time: N/A

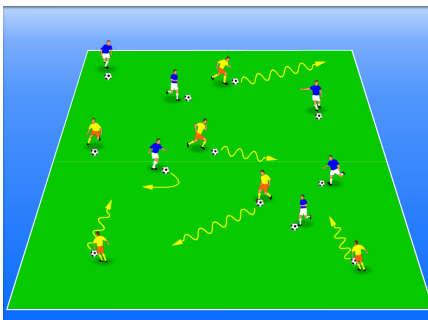
Age/Level: U5 - U10

Session Improve Dribbling Skills

Objective:

Dribbling Session 1

Paint The Field



Description: "ALL" players have a ball. High paced running while dribbling the ball. Practicing turns with no pressure of players trying to take the ball away. Only the pressure of other players in the area that may bump into other players or soccer balls. Players want to dribble the ball as if the ball is a paint brush and the area is a canvas. Paint the entire canvas!

Coaching Points: Look ahead of the ball. Figure out the touch on the ball. *Big space, big touch...
 *Small space, small touch. Can players check over their shoulder before turning? Can players go 30 seconds without bumping their ball into another ball or player? Try different movements. Change speed while dribbling. Make sure to use the least favorite foot. Try stop and go dribbling. (Foot on the ball to stop, laces with toe down to get going again etc)

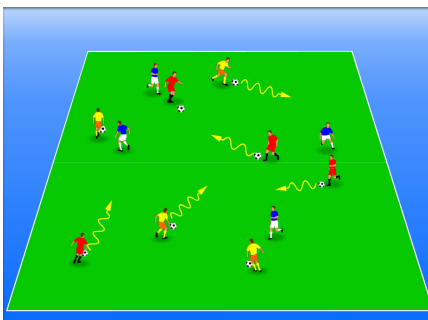
Dribbling Awareness 1



Description: 3 groups and "ALL" players have a ball. High paced running while dribbling the ball. Practicing turns with no pressure of players trying to take the ball away. Only the pressure of other players in the area that may bump into other players or soccer balls.

Coaching Points: Look ahead of the ball. Figure out the touch on the ball. *Big space, big touch...
 *Small space, small touch. Can players check over their shoulder before turning? Can players go 30 seconds without bumping their ball into another ball or player?

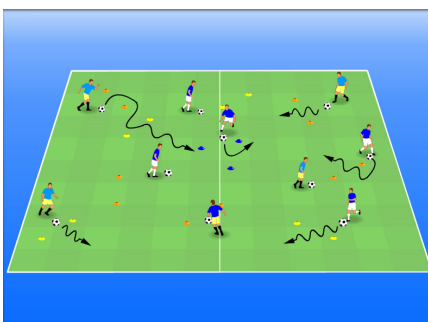
Have A Ball - Dribbling Awareness 2



Description: 3 groups of soccer players. All players on two of the three teams have a ball. The game is by time. Each player on the team without a ball will try to get a ball. At the end of the time, players stop and it is noted which team has the most soccer balls. Simple rules.... If you don't have a ball, "Get One". (Change which team starts without the ball next)

Coaching Points: Look ahead of the ball. Figure out the touch on the ball. *Big space, big touch...
 *Small space, small touch. Can players check over their shoulder before turning? Hearing players (sometimes there are indications of pressure) Keep checking areas that are empty. Know where opponents are.

Dribble Gates



Description: Make gates out of cones randomly around your playing area. Add a triangle shaped base/home/recharge center etc... in the middle. If possible, make gates with different colors, but make sure each gate has two cones of the same color. *Challenge players to get through as many gates as possible in 30 seconds. *Challenge the players to go from one color gate to another, (alternate) gate colors when dribbling through them. *Two teams compete for who can go through the most. (Add each players total)

Coaching Points: *Look ahead of the ball *Push the ball harder to get into clear open space.
 *Change speeds to get around corners. *Change speeds and directions to prevent collisions.
 *Lower body for better balance