



# Dribbling

## Activity 1: Change of pace

Setup: Each player has a ball.

Set a row of cones 10' apart and another identical set 40' away.

Small rows of players should line up behind the cones on one side of the field.

The coach should stand in the middle of the two rows of cones.

Focus of Activity: Work on dribbling and changing pace.

Activity: The first row of players begin dribbling the ball at a slow pace. Once they pass the coach they accelerate to full speed and dribble until they reach the other set of cones. Then the second set of players begins.

## Activity 2: Change of direction

Setup: Each player has a ball.

Set a row of cones 10' apart and another identical set 40' away.

Small rows of players should line up behind the cones on one side of the field.

The coach should stand in the middle of the two rows of cones.

Focus of Activity: Work on dribbling and changing direction.

Activity: The first row of players begin dribbling the ball at a slow pace. Once they pass the coach they change direction and dribble towards the sideline at full speed. Once they reach the side line they dribble back to the end of the line they started in.

## Activity 3: 10 touches

Setup: Each player has a ball.

Set a row of cones 10' apart and another identical set 40' away.

Small rows of players should line up behind the cones on one side of the field.

The coach should stand in the middle of the two rows of cones.

Focus of Activity: Work on dribbling and different touches on the ball.

Activity: The first row of players begin dribbling the ball. They have to perform 10 touches on the ball. Once they have touched the ball the tenth time they accelerate quickly to the sideline with the ball. Once they reach the side line they dribble back to the end of the line they started in. Encourage the players to be creative and touch the ball with different parts of their feet.

How to increase the difficulty:

You can tell the players that they must use a certain type of touch at least once.

You can tell them that they can not use a certain type of touch.



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## Activity 4: 5 touches in a crowd

Setup: Each player has a ball.

Use a large space marked with cones for players to have room to dribble around.

Players should be scattered around the area with their ball at their feet.

The coach should stand in the middle of the field.

Focus of Activity: Work on dribbling and different touches on the ball.

Activity: When the coach says “Go” the players perform 5 touches on their ball. After they perform the touches they leave their ball and find another ball. They again perform 5 touches and leave that ball to find another.

This should be a timed drill lasting a minute or two.

How to increase the difficulty:

You can tell the players that they must use a certain type of touch at least once.

You can tell them that they can not use a certain type of touch.

## Activity 5: Head on dribbling

Setup: Each player has a ball.

Set a row of cones 10’ apart and another identical set 40’ away.

Small rows of players should line up behind the cones on both sides of the field.

The coach should stand in the middle of the two rows of cones.

Focus of Activity: Work on dribbling and changing directions.

Activity: The first row of players begin dribbling the ball. Players on opposite cones dribble towards each other. As they approach each other they change directions and go to the left of the on coming player. For younger players you may need to place a cone midway between the players to give them a clear point they have to go around. After running through the line several times have the players go to the right of the on coming player.

How to increase the difficulty:

You can require the player to make a body fake or ball handling trick before they go around the oncoming player.

## Activity 6: Body fake in a crowd

Setup: Each player has a ball.

Use a large space marked with cones for players to have room to dribble around.



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Players should be scattered around the area with their ball at their feet.

The coach should stand in the middle of the field.

Focus of Activity: Work on dribbling and body fakes.

Activity: When the coach says “Go” the players perform a body fake and change of direction with their ball. After they perform the touches they leave their ball and find another ball. They again a body fake and change of direction and leave that ball to find another.

This should be a timed drill lasting a minute or two.

How to increase the difficulty:

You can tell the players that they must use a certain type of body fake.

You can tell them that they can not use a certain type of body fake.

You can tell them to perform multiple body fakes before they change direction and find another ball.

## Activity 7: 1v1

Setup: Put the players in groups of 4.

Each group gets a ball.

Two players should stand 20’ apart facing each other with their legs spread a little wider than shoulder’s width apart. These players are the goals.

The ball should be placed in the middle of the two goals.

The remaining players each stand behind a goal.

Focus of Activity: Work on dribbling vs. a defender.

Activity: Two players act as goals. The other two players play 1v1. The object is to dribble the ball through one of the goals. They can score on either goal in either direction. No passes or hard kicks.

This should be a timed drill lasting a minute or two. Once the time is up the players should switch places with the goals.

## Activity 8: Dribble to cone

Setup: Each player has a ball.

Set a row of cones 10’ apart and another identical set 20’ away.

Small rows of players should line up behind the cones on one side of the field.

The coach should stand in the middle of the two rows of cones.

Focus of Activity: Work on dribbling and changing direction.



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Activity: The first row of players begin dribbling the ball. The players should stop dribbling just before they approach the cone in front of them. They should pull the ball back behind them with the sole of their foot and dribble back to the back of the line they started in.

How to increase the difficulty:

You can tell the players that they must use a certain type of touches to turn the ball.

You can have them do multiple touches to turn the ball.

You can have the players switch feet.

## Activity 9: Mirror

Setup: Each player has a ball.

Put the players in pairs.

Players should stand 3' away from their partner facing each other.

A cone should be placed between the players.

Focus of Activity: Work on dribbling and body fakes and ball control.

Activity: Players face each other with their ball at their feet. When the coach says go the players will perform a ball control move or body fake and move 45 degrees around the ball. The players should still be face to face across the cone from each other. (Players start and 12 and 6 o'clock and move to 3 and 9 o'clock)

Possible ball control moves:

- Ball between the feet. Step over the ball with their right foot and push the ball to the right with the outside of their right foot.
- Ball between the feet. Step around the ball counter clockwise with their left foot and put the foot back where it started and move the ball to the right with the outside of the right foot.
- Ball between the feet. Roll the ball to the right using the sole of the left foot and redirect the ball forward with the inside of their right foot.
- Ball between the feet. Step left with the left foot and lean to the left. Step over the ball with their right foot and push the ball to the right with the outside of their right foot.

How to increase the difficulty:

You can have them do multiple touches to turn the ball.

You can have the players switch directions.



# Dribbling

## Activity 10: 1v1 larger field

Setup: Sack of balls.

Use a large square space marked with cones for players to have room to dribble around.

Setup cone goals on opposite sides of the square.

Make two lines of players on opposite sides of the square. (not the same sides as the goals)

Focus of Activity: Work on dribbling vs. a defender.

Activity: One group of players are the defenders and the other group are the offensive players. A defender passes a ball to an offensive player. The offensive player has to dribble through either of the cone goals. After passing the ball the defender has to stop the offensive player from scoring by taking control of the ball.

One point for scoring. One point for performing a body fake or ball control move.

How to increase the difficulty:

Make the goals smaller.

Make the field bigger.

No point with out a body fake.

## Activity 11: 2v2 larger field

Setup: Sack of balls.

Use a large square space marked with cones for players to have room to dribble around.

Setup cone goals on opposite sides of the square.

Make two lines of players on opposite sides of the square. (not the same sides as the goals)

Focus of Activity: Work on dribbling vs. a defender.

Activity: One group of players are the defenders and the other group are the offensive players. A defender passes a ball to an offensive player. Two offensive players and two defenders play at the same time. The offensive players have to dribble through either of the cone goals. After passing the ball the defenders have to stop the offensive players from scoring by taking control of the ball.

One point for scoring. One point for performing a body fake or ball control move.

How to increase the difficulty:

Make the goals smaller.



# Dribbling

Make the field bigger.

No point with out a body fake.

No point without a pass.