

ICA



# Dribbling



The International Coaches Association  
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# ***Dribbling Drills and Games***

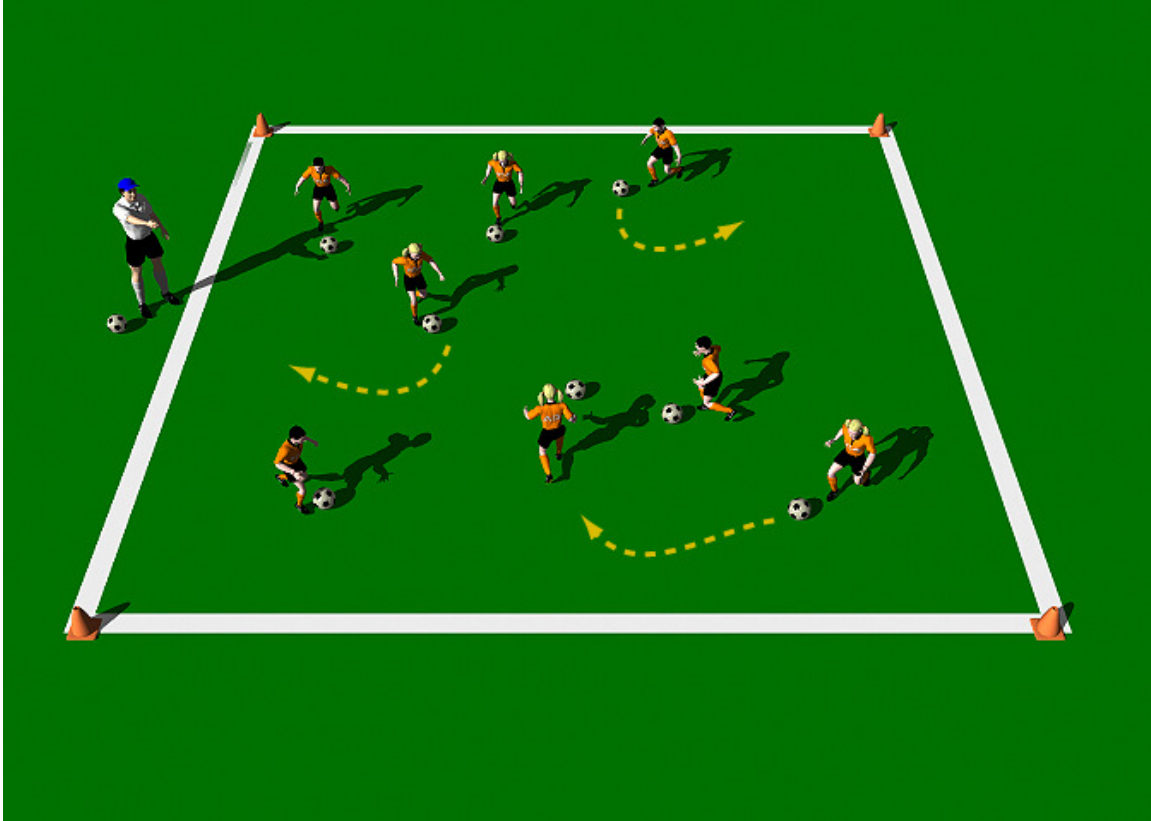
Select from a large variety of Dribbling drills and games to custom design your own practice sessions. There are fun and challenging practices for every age and skill level.

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## ***Meet Mr. Ball***



### **Exercise Objectives:**

This is an introductory exercise for dribbling. The major focus is for the young players to get familiar and comfortable with the ball. This can also be used as a fun warm up activity with your team.

### **Field Preparation**

- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

### **Coaching Pointers:**

Have players tap the ball back and forth from left to right foot while jogging in place. Have them roll the ball forward and backward using the sole of the feet. Have them move side to side or in a circle using the outside of each foot. Allow them to be creative and combine all surfaces of the foot in any sequence while moving around each other.

Give specific commands such as "Stop", "Dribble", "Tap Dance".

## Take a Picture



### Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision and having the players scan the field while dribbling the ball. This can also be used as a fun warm up activity with your team.

### Field Preparation

- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

### Coaching Pointers:

Have players look at a soccer ball a few yards in front of them. Then have them look at a tree or an object further away. Point out that even though they are not looking at the ball, they can still see the ball with their peripheral vision. Explain how they can watch the field and dribble at the same time using this vision.

# Monster Trucks



## Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision and having the players scan the field while dribbling the ball. This can also be used as a fun warm up activity with your team.

## Field Preparation

- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

## Coaching Pointers:

The players pretend that their ball is a Monster truck. To start the engine they roll the ball back and forth with the sole of the foot while making loud (revving sounds). On the coaches command they drive their monster trucks around the grid. They must look ahead and around them to avoid a collision with another Monster Truck. Have them drive slow and fast, reverse and stop on demand.

# ***Alien Invaders***



## **Exercise Objectives:**

This is an introductory exercise for dribbling. The major focus is on vision, change of direction and control over the ball. This can also be used as a fun warm up activity with your team.

## **Field Preparation**

- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

## **Coaching Pointers:**

Divide your group into two teams. Place a large number of cones around the grid. On the coach's command, one of the teams has 30 seconds to see how many cones (aliens) they can knock over. The players can only move around the grid by dribbling the ball. They must hit the cone with the ball to knock it over. At the end of 30 seconds count their score.

A point is awarded for each alien that is knocked over. The second team tries to beat the first team's score. Winner is "champion of the universe".

# The Bee Game



## Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction and control over the ball. This can also be used as a fun warm up activity with your team.

## Field Preparation

- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

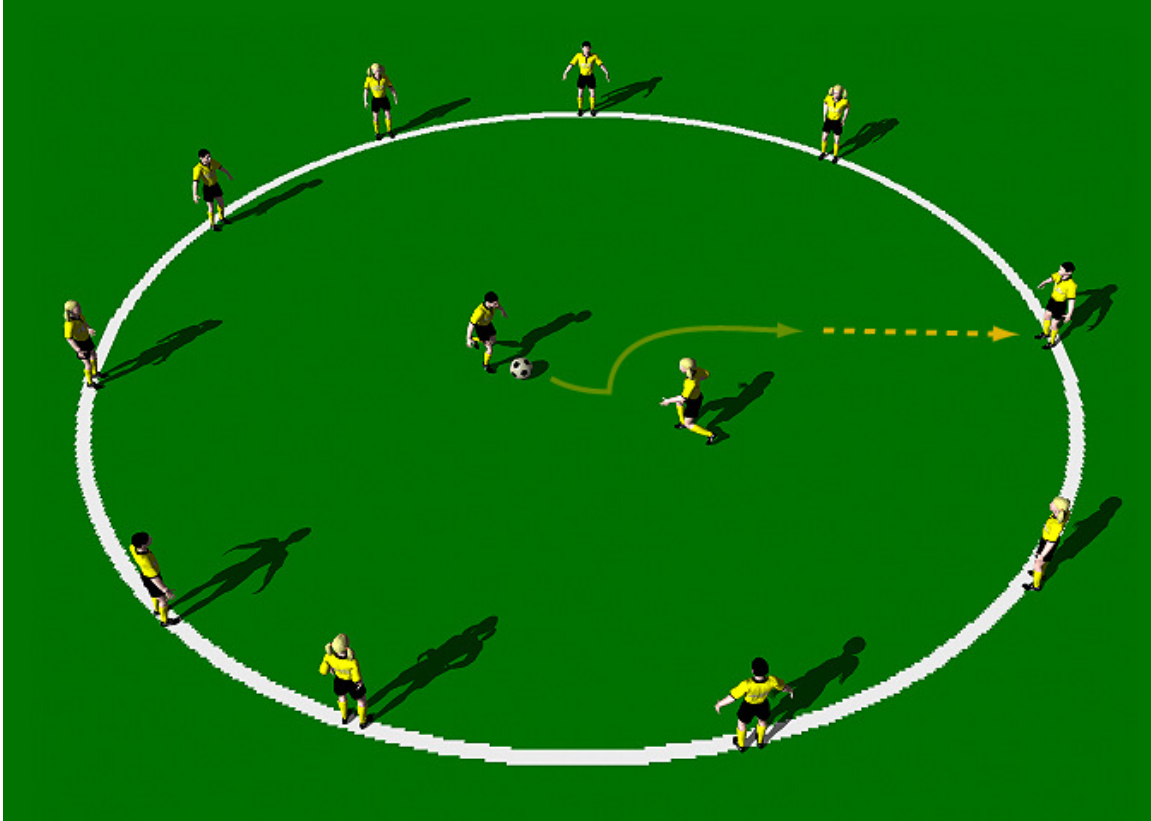
## Coaching Pointers:

Place your entire group within the grid. Each player has a ball. Tell them they are bees and have to buzz. The players buzz around the grid dribbling the ball. The coach and a couple of parents walk around the grid.

The object is for the "bees" to "sting" the big people with the ball (a pass or kick). They need to keep looking for a target, and hit it.

Kids really seem to enjoy this one.

# Circle Tag



## Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction and control over the ball.

## Field Preparation

- Entire Group
- Area 20 yards Circle
- Cones or Flag poles
- Supply of Balls

## Coaching Pointers:

Put the players in a circle. Call two players names or numbers and have them play tag in the circle. When one gets tagged they switch. After all the kids have had a chance, add a ball and the two in the middle play one on one using the players in the outside.

After all the kids have had a chance, play keep away from one or two players in the middle. One touch, two touch or unlimited touch. Ten push ups if the players in the middle get split.



# Transformers



## Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction and control over the ball.

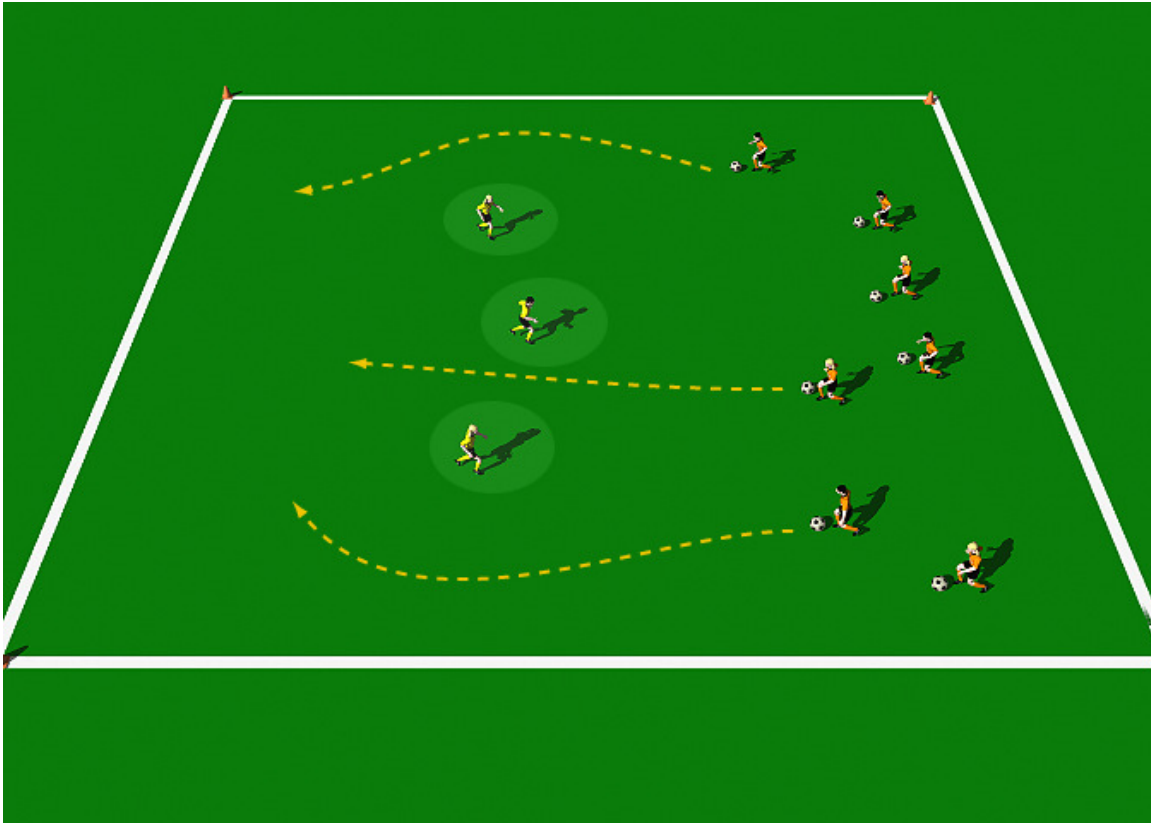
## Field Preparation

- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

## Coaching Pointers:

Mark off a square about 20 x 20 yards. Line up the players at one end of the square. The object of the game is to dribble the ball from one end of the square to the other, then stop. If a player's ball is kicked from the square then he or she is to sit down on the exact spot and become a Transformer. A Transformer may not move his bottom from the ground, but if he succeeds in picking the ball from a dribbler's foot, then that person is also out and must sit down also. Last child with a ball is the winner.

# Cops and Robbers



## Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

## Field Preparation

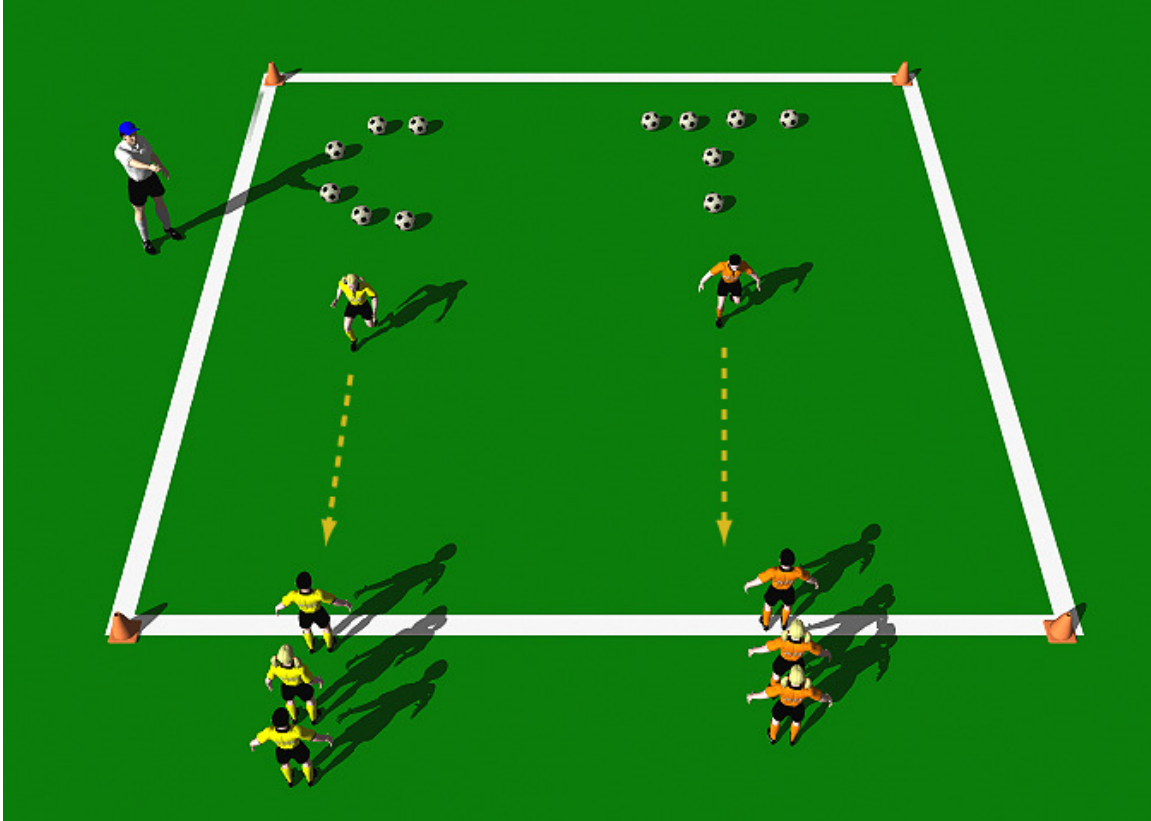
- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

## Coaching Pointers:

Select two or three volunteers to be the “cops.” All the “robbers” line up at one end with their “diamonds” (soccer balls). The robbers attempt to dribble their “diamond” from one end to the other without having their diamond kicked out by a cop. If their diamond gets kicked out, they go to jail (a designated area outside the grid).

If a robber successfully dribbles across the grid 5 times, then a jailbreak occurs and all those in jail get to re-enter the game.

# *The Alphabet Game*



## **Exercise Objectives:**

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

## **Field Preparation**

- Entire Group
- Area 10 x 10 yards
- Cones or Flag poles
- Supply of Balls

## **Coaching Pointers:**

Divide your group into two teams. Each player as a ball. The object of the game is for each team to make a letter. On the coach's command, the first player dribbles their ball and leaves the ball. The remainder of the team has to complete the letter by leaving their ball and help make the letter.

Coach can pick the letter or leave it up to the team to decide. Coach can award a bonus point if team can name an animal, country, cartoon character which start with that letter.

## ***Tiger in the Middle***



### **Exercise Objectives:**

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

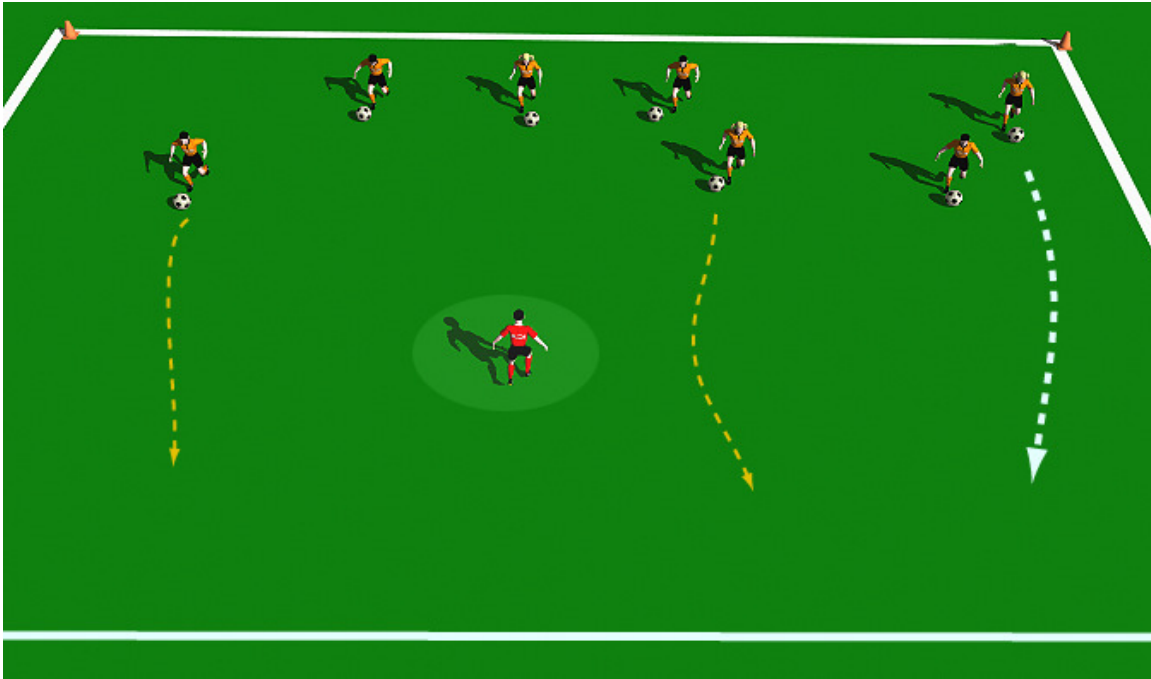
### **Field Preparation**

- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

### **Coaching Pointers:**

Mark off a grid 20 yards by 20 yards. Have all players move about with their balls in the square. Choose one player to be the "tiger". When he is released, all players try to avoid him and shield their ball from being knocked out. The last one left is the winner.

## Go Bananas



### Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

### Field Preparation

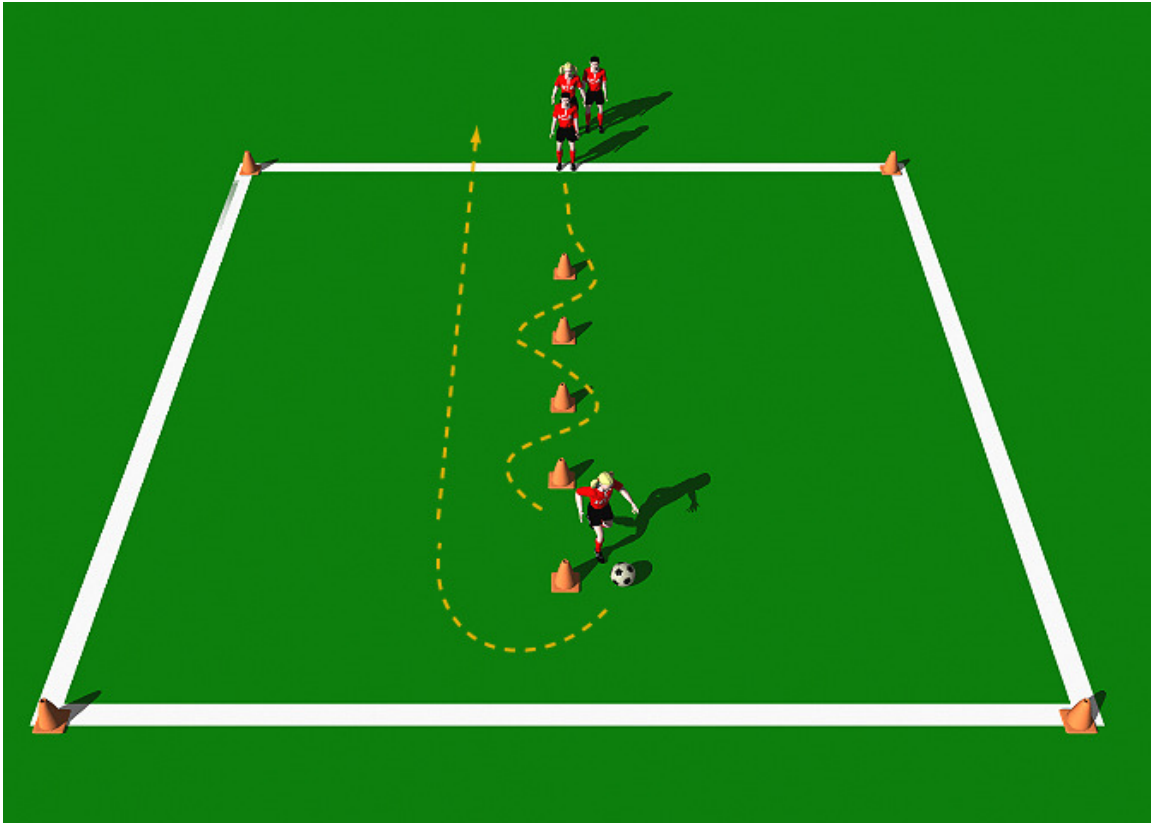
- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

### Coaching Pointers:

Have players line up on one end with their soccer balls. Before they try to dribble to the other side they must sing and dance the following song: Bananas united, bananas split, go bananas, go bananas... go!

The coach, who is in the middle, tries to kick the players' soccer balls out of the grid. If this happens, the camper becomes a banana on the ground. If the camper can gather another player's soccer ball from where they are on the ground, they are free.

# *The Wiggles*



## **Exercise Objectives:**

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

## **Field Preparation**

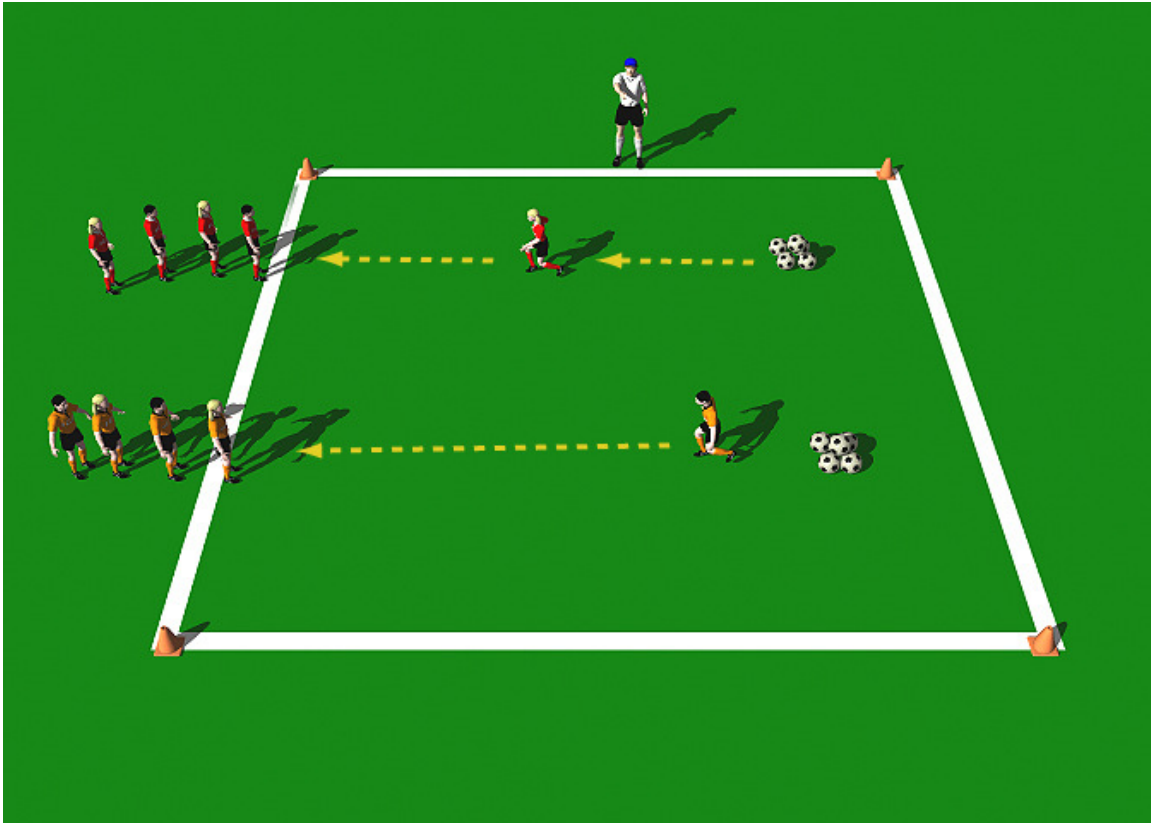
- Entire Group
- Area 15 x 15 yards
- Cones or Flag poles
- Supply of Balls

## **Coaching Pointers:**

Divide your players into two small groups. Each player has a ball. Place 4 cones in a line, approximately 1 yard apart. The two teams play a competition to see which team can dribble (wiggle) through the cones first.

On the coach's command, the first player dribbles through the cones and dribbles directly back to the end of the line. The drill is performed by all the players in the group until the last player returns. First team back wins.

## ***Bob the Builder***



### **Exercise Objectives:**

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

### **Field Preparation**

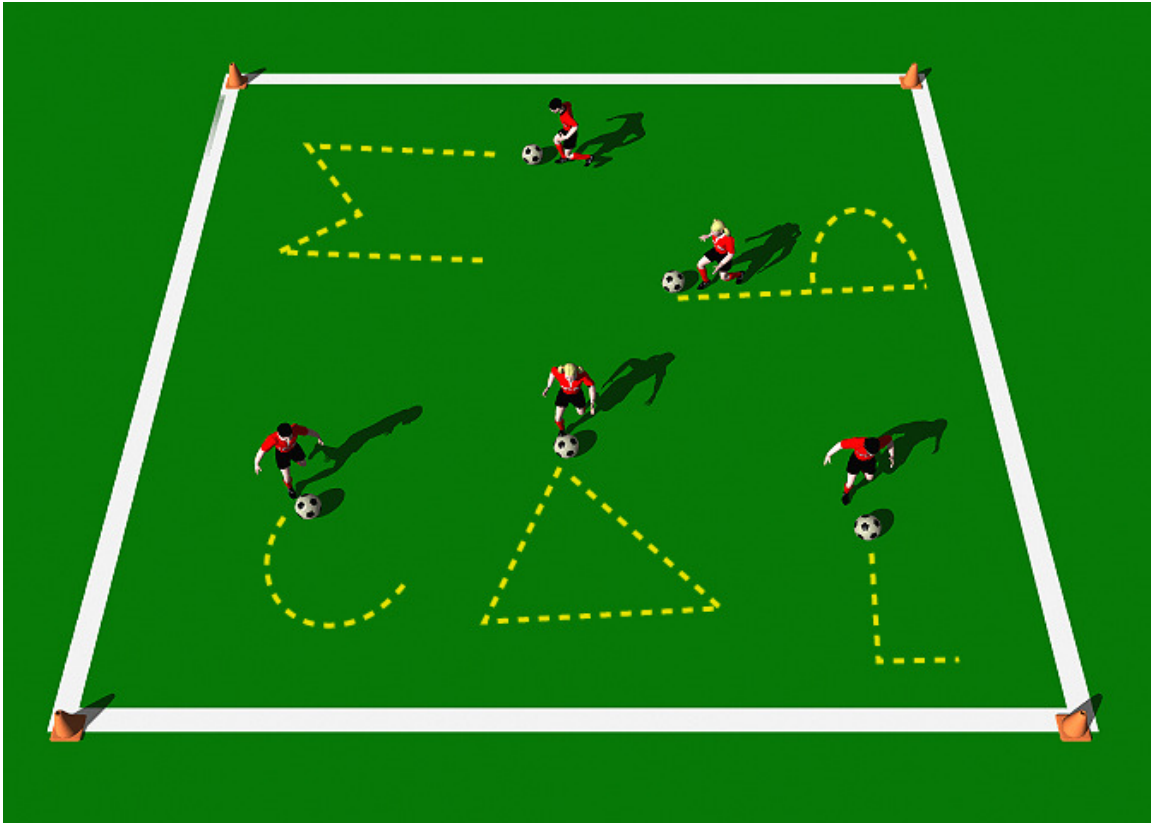
- Entire Group
- Area 10 x 10 yards
- Cones or Flag poles
- Supply of Balls

### **Coaching Pointers:**

Divide your group on two teams. Each player has a ball. The object of the game is for each team to build a pyramid using their balls. First team to complete wins.

On the coaches command the first player on each team has to dribble their ball out 6-8 yards. They leave their ball and run back to the end of their line. The next person dribbles their ball and does the same. This is repeated until the last player who picks up the ball and placed on top of the bunch of balls. Balls should be group together.

## Letter and Shapes



### Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

### Field Preparation

- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

### Coaching Pointers:

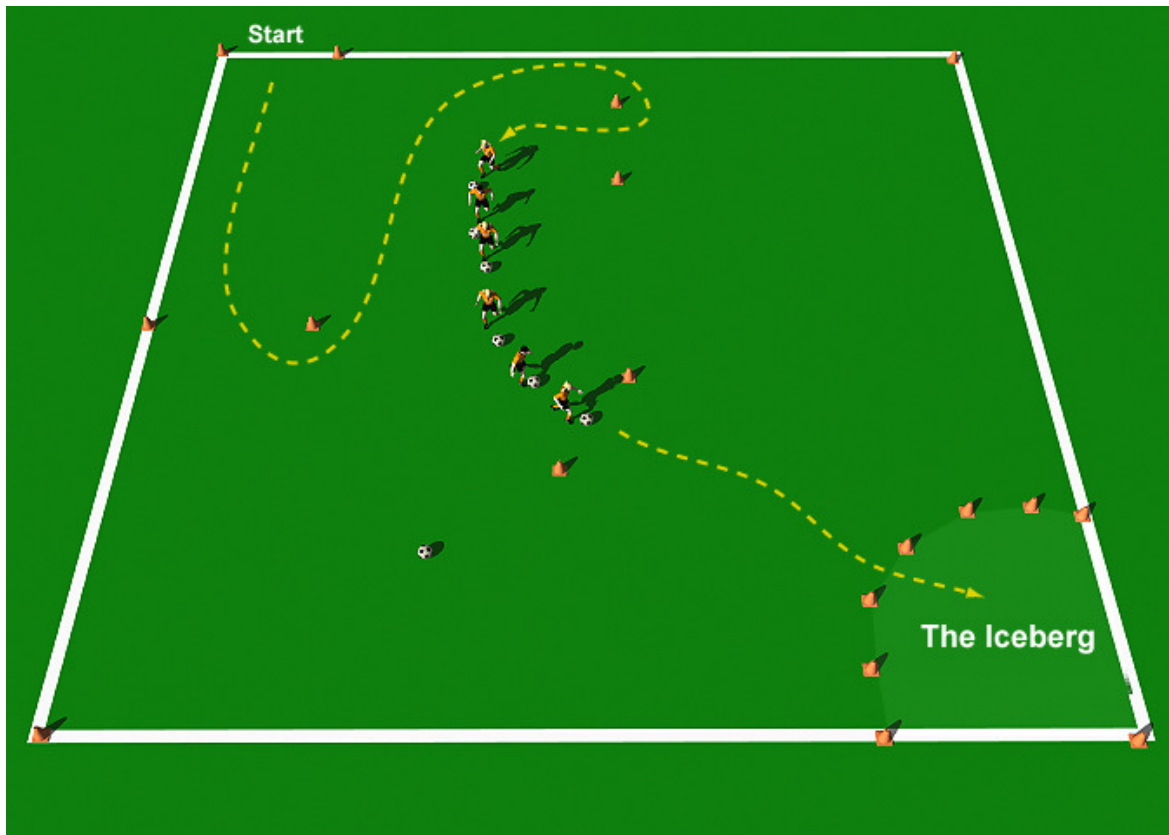
Place your entire group inside the grid with a ball each. Using the inside and outside of the foot, players have to perform the following:

**Letters:** Coach tells them to write a certain letter such as “C”, “L”, “B” etc. Coach asks, can you name an (animal, cartoon character, fruit) that begins with that letter? Have them write the first letter of your name.

**Shapes:** Draw a shape. Coach asks, can you name any that is shaped like that?



# Club Penguin



## Exercise Objectives:

This is an introductory exercise for dribbling. The major focus is on vision, change of direction, change of speed and control over the ball.

## Field Preparation

- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

## Coaching Pointers:

Each player has a ball. One is designated "BillyBob". The players have to dribble and follow BillyBob, (like in follow the leader). They have to get to the Iceberg , but cannot get there is a straight line, they have to travel through the gates. When the coach yells "Waddle On!", all the players dribble back to the start. The players then start again.

Do this several times then allow players to reach the Iceberg . Change "BillyBob" on each attempt.

# *Dora the Explorer*



## **Exercise Objectives:**

This practice is designed to improve the player's technical ability in a variety of dribbling moves.

## **Field Preparation**

- Entire Group
- Area 20 x 20 yards
- Cones or Flag poles
- Supply of Balls

## **Coaching Pointers:**

Place your entire group inside a grid 20 x 20 yards, with a ball each. Add one player without a ball (Swiper). The players with a ball are "Dora the Explorer" and the ball is their "backpack".

They must dribble around the grid and avoid "Swiper" from stealing their "backpack". To stop "Swiper" stealing their backpack, they must shout "Swiper, no Swiping". If "Swiper" can sneak behind someone and steal their ball, then that player becomes "Swiper".

Make sure players are constantly moving.

# Slalom through Cones



## Exercise Objectives:

This practice is designed to develop close control while running with the ball.

## Field Preparation

- 3 Players
- Area 10 x 15 yards
- Cones or Flag poles
- Supply of Balls

## Coaching Pointers:

Two players are positioned at one end of the grid, with one player at the opposite side. Players alternate dribbling the ball at full speed through the line of cones. Cones are placed at 1-yard intervals across the full length of the grid.

## The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed
- Use the outside and inside of the foot to dribble with the ball.
- Don't keep the eye's fixed on the ball. Scan the horizon.

## ***Dribble around the Cone***



### **Exercise Objectives:**

This practice is designed to develop close control while running and turning with the ball.

### **Field Preparation**

- 2 Players
- Area 10 x 10 yards
- Cones or Flag poles
- Supply of Balls

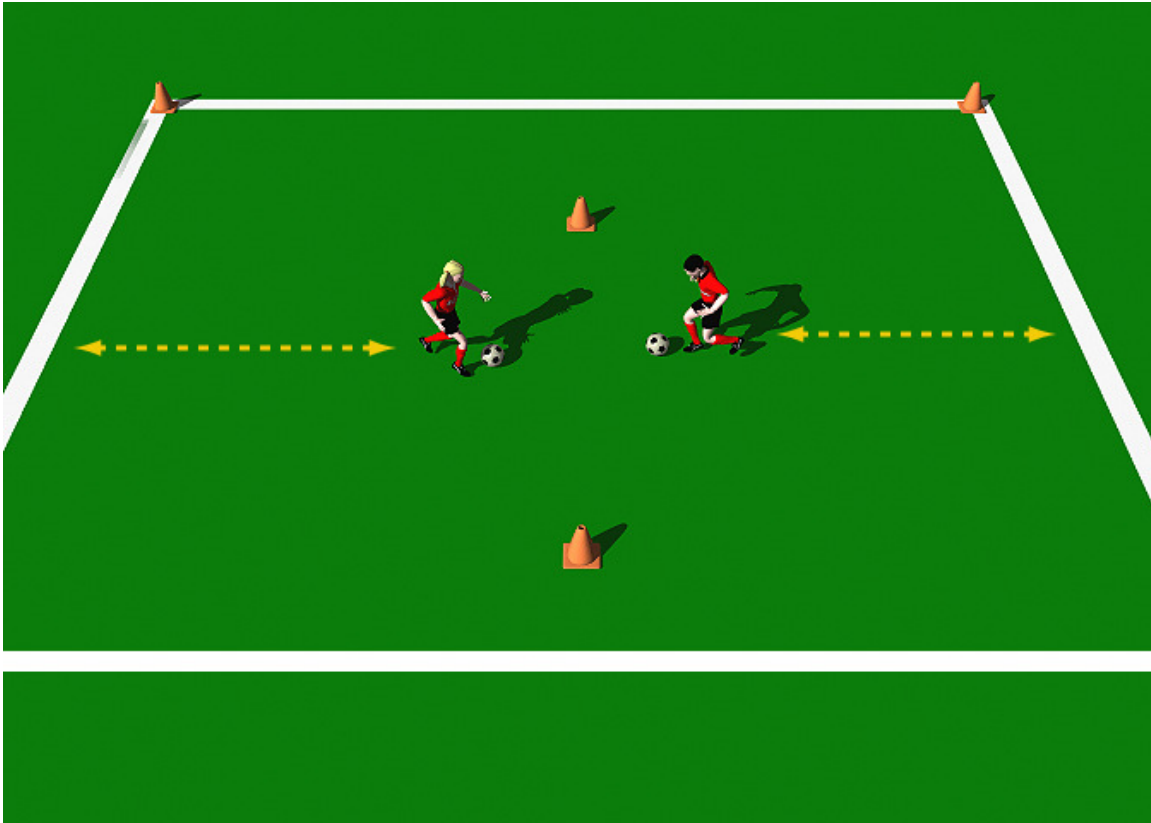
### **Coaching Pointers:**

Divide players into pairs, with one ball each. Player's alternate dribbling the ball to the opposite cone, turning and dribbling back to the starting position. The cone is placed approximately 5-7 yards from the starting line.

### **The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use the outside and inside of the foot to dribble with the ball.
- Don't keep the eye's fixed on the ball. Scan the horizon.

## ***Dribble, Turn and Escape***



### **Exercise Objectives:**

This practice is designed to develop close control while running and turning with the ball.

### **Field Preparation**

2 Players, Area 10 x 10 yards, Cones , 2 Balls

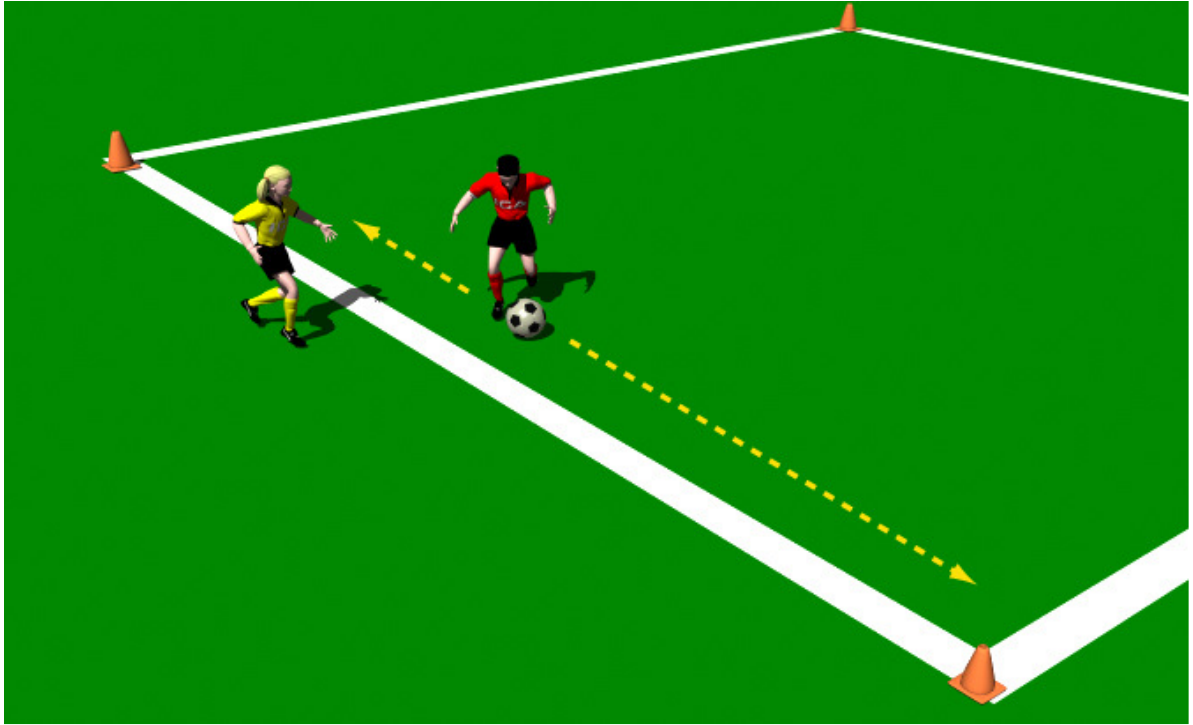
### **Coaching Pointers:**

Divide players into pairs, with one ball each. Players alternate dribbling the ball towards each other. At the mid-point of the grid, players' turn and dribble back to their starting positions. Players should accelerate after turning.

### **The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use a variety of surfaces to turn with the ball such as outside, inside and sole of the foot.
- Use a variety of turning techniques such as the "Step and Hop" or the Cryuff.
- When turning, get the ball out of your feet and into the direction you want to turn.
- If the turning touch is close to the feet the head will be down. If the turning touch is out of the feet, the player can scan the field and run onto the ball for their second touch.
- Use a change of speed and explode away from the player.

# ***Explosive Body Movements***



## **Exercise Objectives:**

This practice is designed to improve the technical ability of explosive body movements, feints and dribbling moves.

## **Field Preparation**

- 2 Players
- 2 Cones 10 yards apart
- 1 Ball

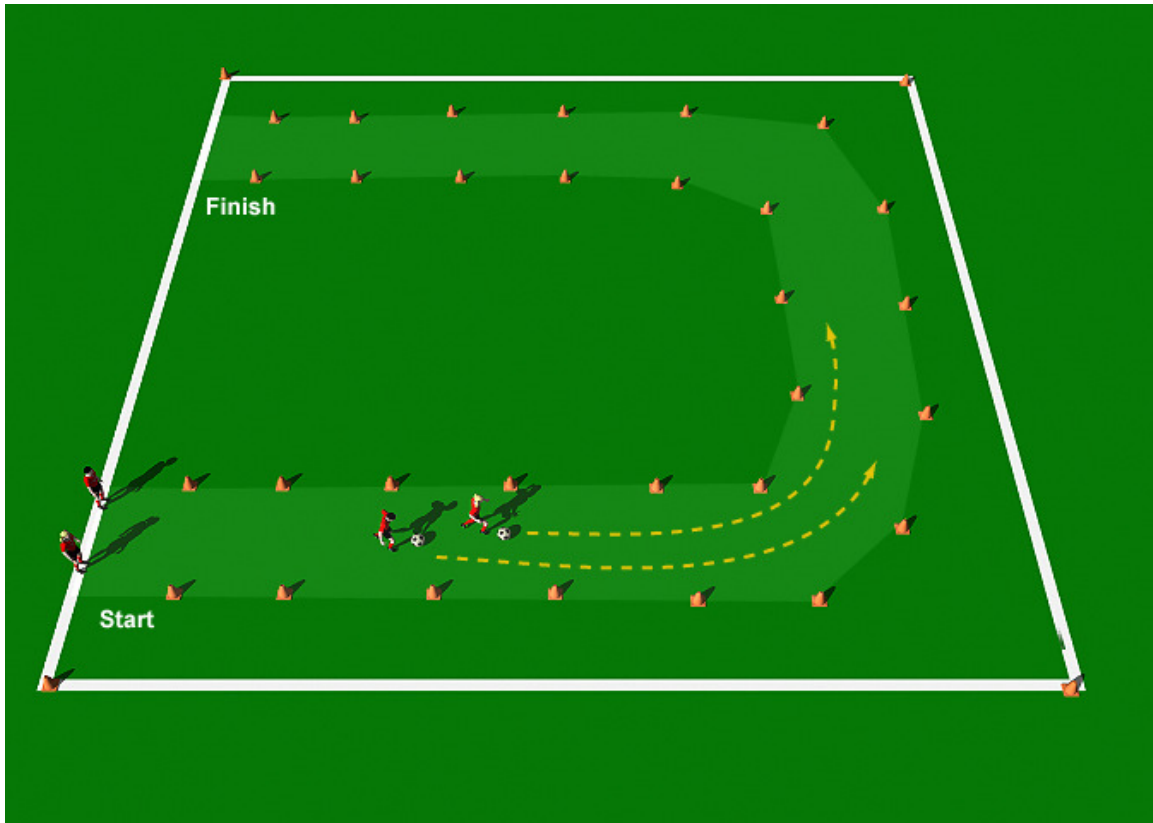
## **Coaching Pointers:**

Two cones should be placed approximately 10 yards apart. Two players are positioned each side of the cones. No player may cross over the imaginary line and the defender may not try to steal the ball.

The player in possession of the ball must use body feints, head fakes and a variety of dribbling moves to upset the balance of the defender. A goal is scored each time the dribbling player can lose the defender and stop the ball dead at either of the cones. The dribbling player's knees should be bent and center of gravity low for an explosive start. If the defender does not move by using body movements, then move the ball to move the position of the defender. Once the defender is off balance the player should explode into the opposite direction. Try to face the defender at all times.

The defensive player can prevent the dribbling player from scoring a goal by placing their foot in front of the cone the player is attacking. The defender may not tackle or cross over the imaginary line. Players should alternate every 3 minutes. Score should be kept to determine winner.

# Whacky Races



## Exercise Objectives:

This practice is designed to develop close control while running with the ball.

## Field Preparation

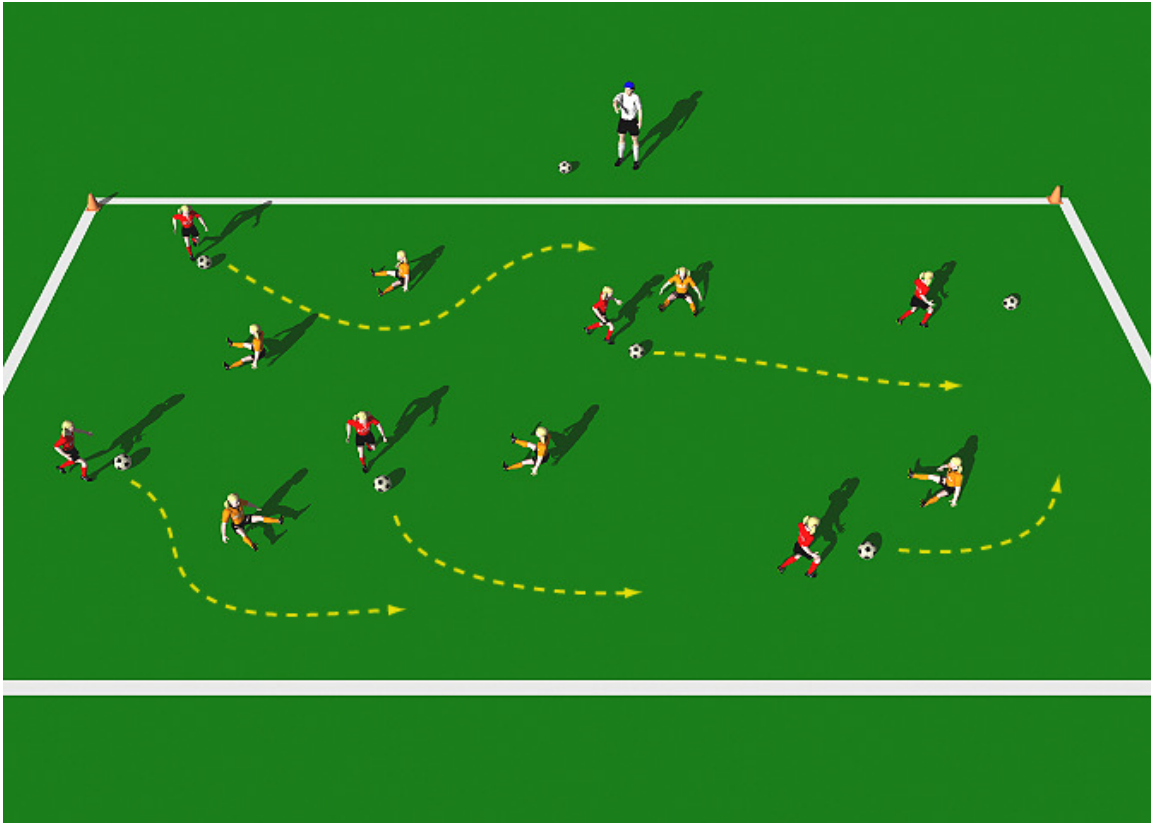
- Entire Group
- Area 30 x 30 yards
- Supply of Balls
- Cones

## Coaching Pointers:

Divide players into pairs, with one ball each. Pairs are positioned at the starting line. On the coach's command, players dribble their balls around the race track at full speed. First player through the end line wins.

Players must stay within the cones and start from the beginning if they dribble off the track. Team up players to race different opponents each time. See who can record the best time. Have a championship race with the top four highest times in the final.

# Sponge Bob Soccer Pants



## Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of dribbling moves.

## Field Preparation

- Entire Group
- Area 10 x 20 yards
- Supply of Balls
- Cones

## Coaching Pointers:

A group of players are positioned in a grid 10 yards x 20 yards, one set of players with one ball each. The group of is divided equally into two groups.

One group is positioned on the end line of the grid with one ball each. (These are the "Sponge Bobs"). The second group of players inside the grid as the "Planktons". The players must dribble their ball (Crabby Patty) and get to the opposite end of the grid.

The Planktons want the secret recipe and try to steal the Crabby Patties. All players dribble at the same time. Planktons on the ground may only move using their hands and feet, they cannot stand up. They must try to kick the balls out over the sideline. If the ball is kicked back over the starting line the dribbling player may start over.



All players dribble at the same time. Players on the ground may only move using their hands and feet, they cannot stand up. The defending players must try to kick the balls out over the sideline. If the ball is kicked back over the starting line the dribbling player may start over. When reaching the end line the coach counts all the successful players. The group then dribbles back to the opposite side. The dribbling group gets four attempts and all their points are totaled. The groups then switch roles.

Encourage the dribbling players to use a variety of dribbling moves and attack open spaces in the grid.

# ***Dribbling Knock Out***



## **Exercise Objectives:**

This practice is designed to improve the player's technical ability in a variety of dribbling moves.

## **Field Preparation**

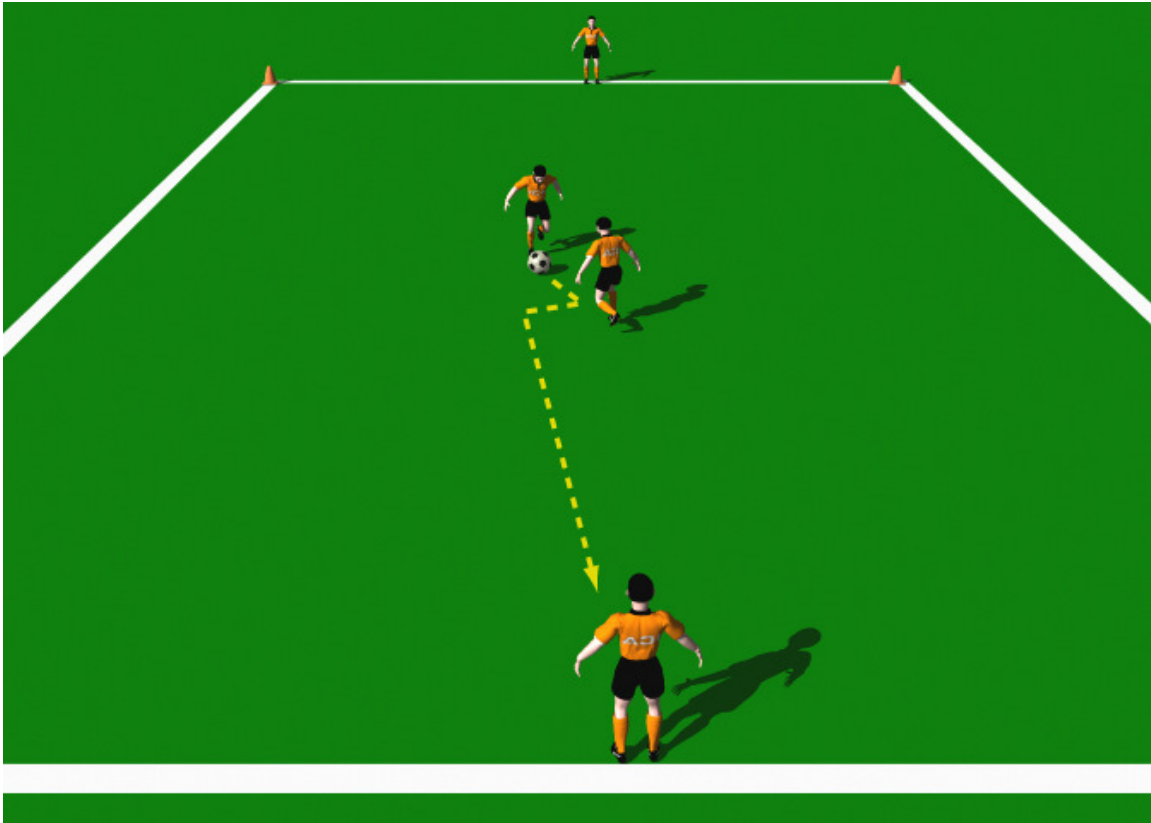
- Entire Group
- Area 20 x 20 yards
- Supply of Balls
- Cones

## **Coaching Pointers:**

The entire group is positioned in a grid 20 yards x 20 yards. All but one player has a ball. The practice is started with one defender placed in the center of the grid (Mad Max). The defender tries to kick the dribbling player's ball out of the grid. Once the player has been dispossessed, he then becomes a member of the Mad Max gang and has to help him kick the ball out of the grid. The last player remaining in possession of a ball is the winner.

Encourage the players to seek out defenders and not hide in corners. The dribbling players should use a variety of dribbling moves while scanning the grid for open spaces and defensive players. The winner of the practice becomes Mad Max in the following game. Players should also look to screen the ball whenever needed, using their arms to hold off pressurizing defenders.

## ***Dribbling 1 v 1***



### **Exercise Objectives:**

This practice is designed to improve each player's "one on one" dribbling skills.

### **Field Preparation**

4 Players, Area 10 x 20 yards, 1 Ball, Cones

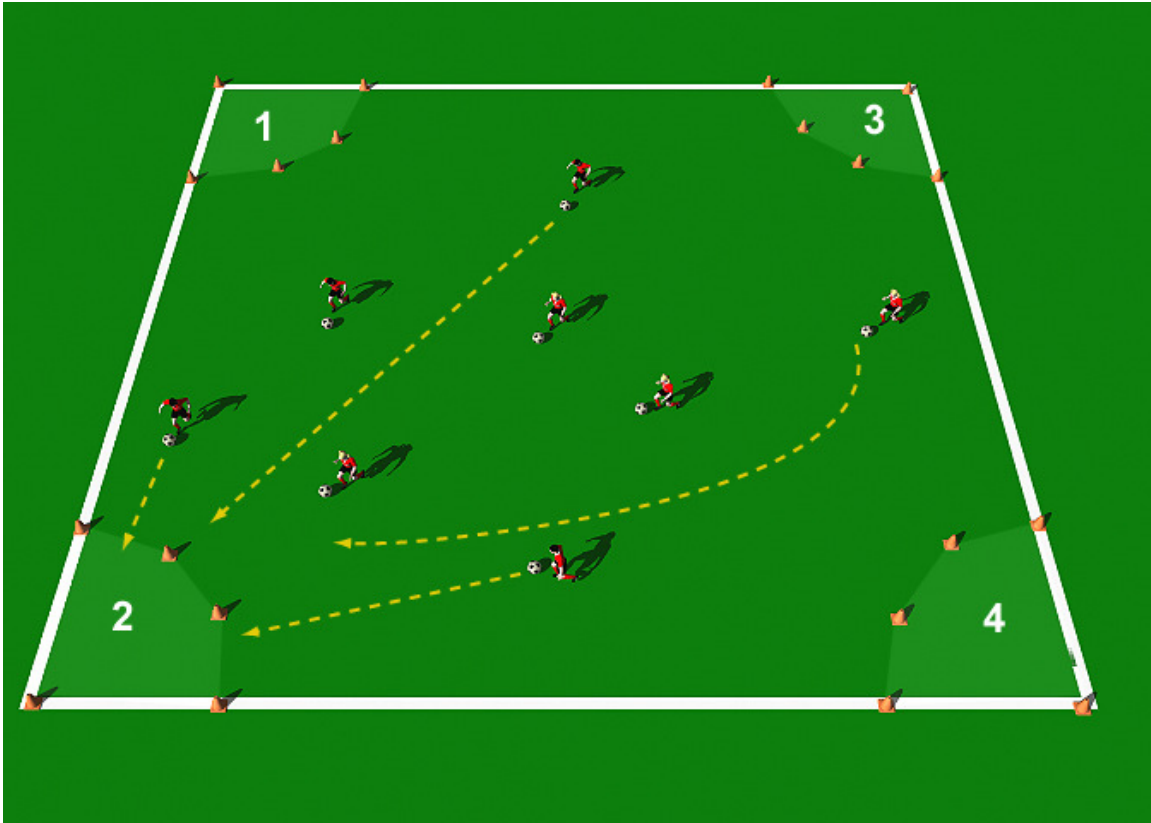
### **Coaching Pointers:**

Two players are positioned on each side of a grid 10 yards x 20 yards. The player with the ball starts the practice by passing the ball to the first player at the opposite side of the grid. After passing the ball, the player immediately must defend the player receiving the ball. Using a variety of dribbling techniques the player in possession must reach the opposite end line to score a point. The next two players then repeat the practice from the opposite side. The speed of the practice should be increased gradually.

### **The coach should emphasize the following coaching points:**

- Control the ball quickly.
- Attacker the defender with speed. Don't delay the attack.
- Commit the defender by running at him.
- Disguise your intentions through body fakes, head feints and moving the ball.

## ***Dribble to Corners***



### **Exercise Objectives:**

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

### **Field Preparation**

- Entire Group
- Area 20 x 20 yards
- Supply of Balls
- Cones

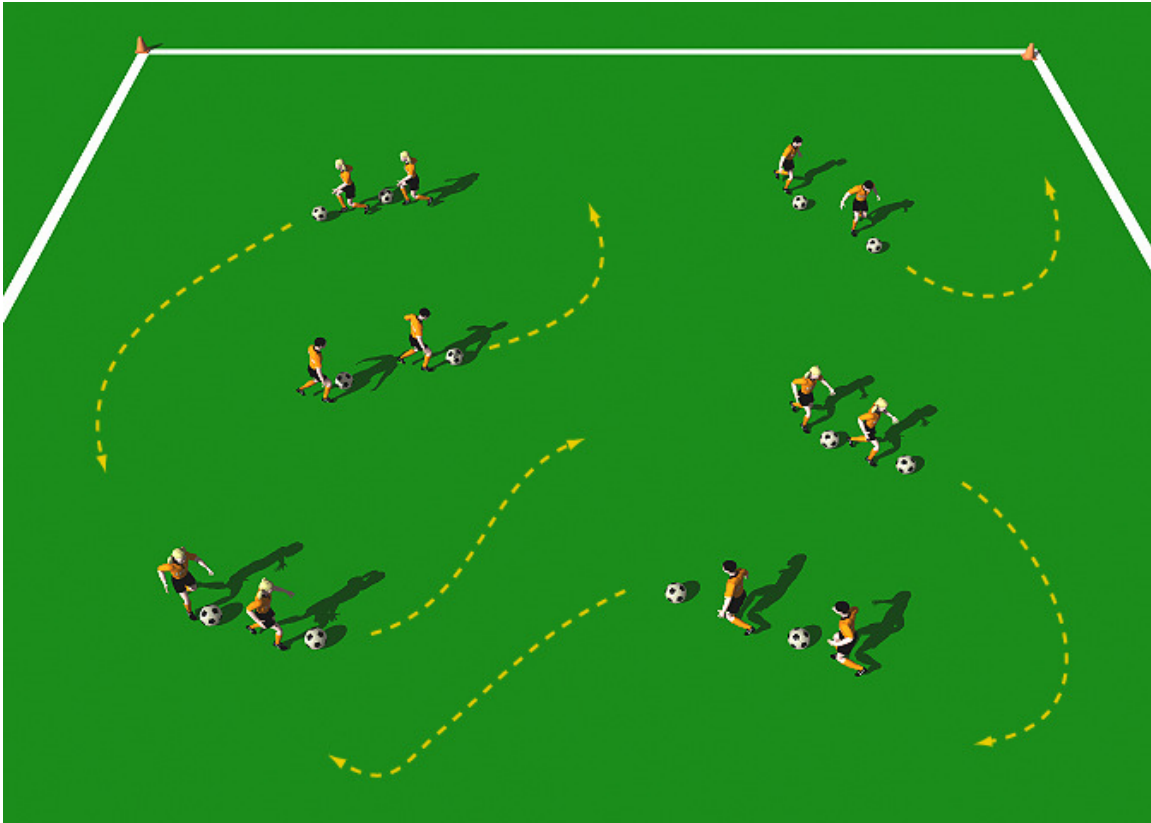
### **Coaching Pointers:**

The whole group is positioned in a grid 20 yards x 20 yards. Four corners are marked off with cones and designated with numbers one through four. Each player has a ball and dribbles around the inside of the grid. Players must avoid each other. When the coach calls out a number, the players must then dribble the ball quickly to the corner selected while avoiding other players. First player into the corner wins a point.

### **The coach should emphasize the following coaching points:**

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.

## ***Truck and Trailer***



### **Exercise Objectives:**

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

### **Field Preparation**

- Entire Group
- Area 20 x 20 yards
- Supply of Balls
- Cones

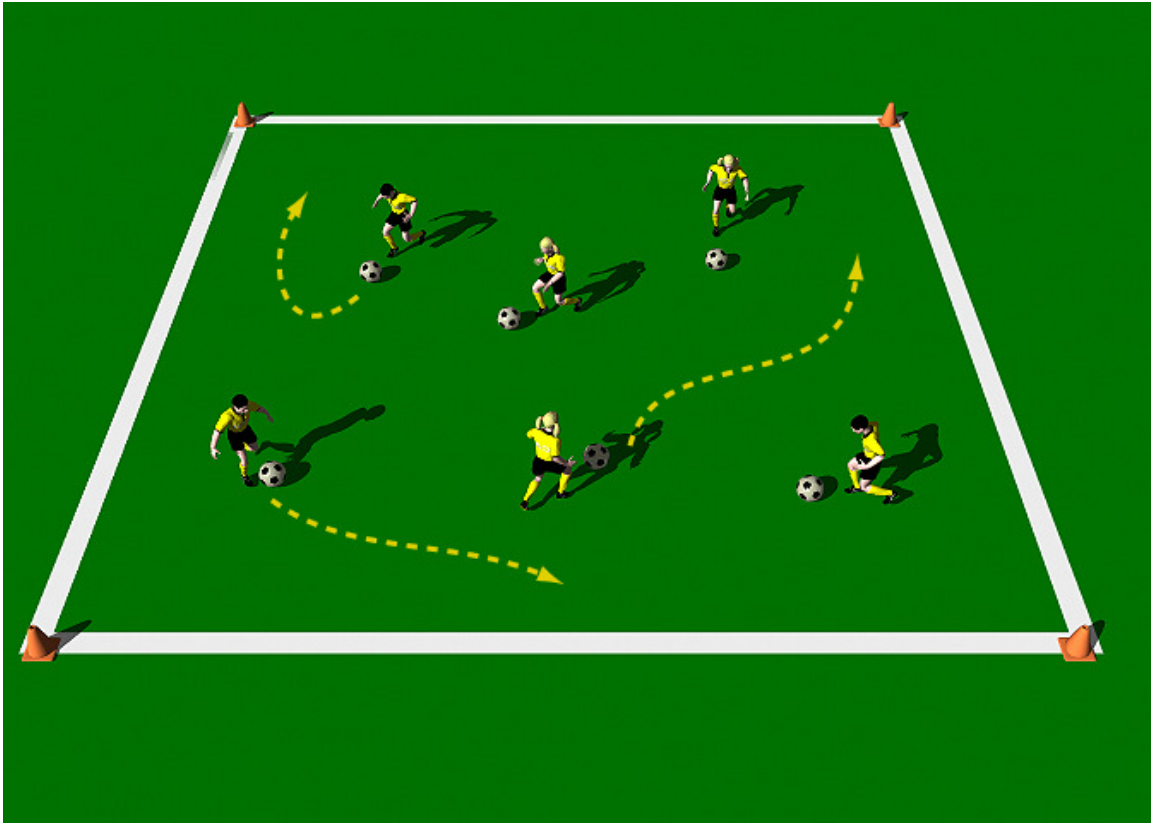
### **Coaching Pointers:**

Divide the group into pairs with each player having a ball. The group is positioned in a grid 20 yards x 20 yards. First player is the "truck" the second player the "trailer". On the coach's command the "trailer" must follow the "truck" as closely as possible around the grid. The "truck" must change speed and direction as much as possible. Players reverse roles when the coach shouts 'change'. Players must avoid colliding with other teams within the grid.

### **The coach should emphasize the following coaching points:**

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.

## Show me the Moves



### Exercise Objectives:

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

### Field Preparation

- Entire Group
- Area 20 x 20 yards
- Supply of Balls
- Cones

### Coaching Pointers:

The group is positioned in a grid 20 yards x 20 yards. Each player has a ball. The practice starts with the players dribbling their ball freely around the inside of the grid. The players must instantly react to a series of commands from the coach. The commands are;

**Stop** – Players must stop the ball using the sole of the foot.

**Turn** – Players must change direction 180 degrees.

**Step Over** – Players perform a step over move over the ball.

**Fake** – Players must fake to pass or cross the ball.

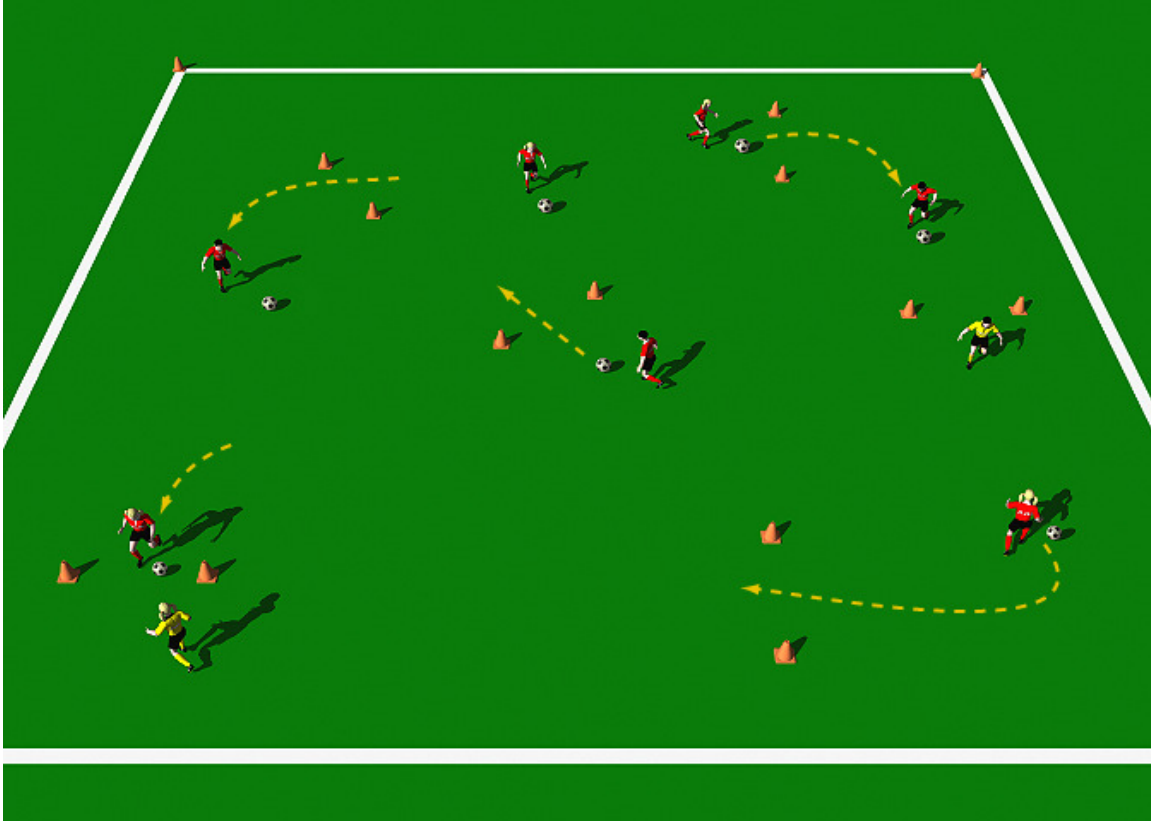
**Explode** – Players must change speed rapidly into an open area.

Players must avoid colliding with other teams within the grid.

**The coach should emphasize the following coaching points:**

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.
- Use a variety of foot surfaces to manipulate the ball.

# ***Dribble Through Gates***



## **Exercise Objectives:**

This practice is designed to develop each player's dribbling skills with an emphasis on close control while running with the ball.

## **Field Preparation**

- Entire Group
- Area 20 x 20 yards
- Supply of Balls
- Cones

## **Coaching Pointers:**

A group of players are positioned in a grid 20 yards x 20 yards. Two defenders wearing colored vests are also placed within the grid. A series of gates are made using cones and spread out evenly throughout the area. The gates are approximately 1 yard wide.

On the coach's command, players with a ball must attempt to dribble through as many gates as possible within 3 minutes. The two defenders have to prevent the players from dribbling through the gates. A goal is awarded for every gate a player can dribble through.

Make a competition to see who can score the most goals in 3 minutes.

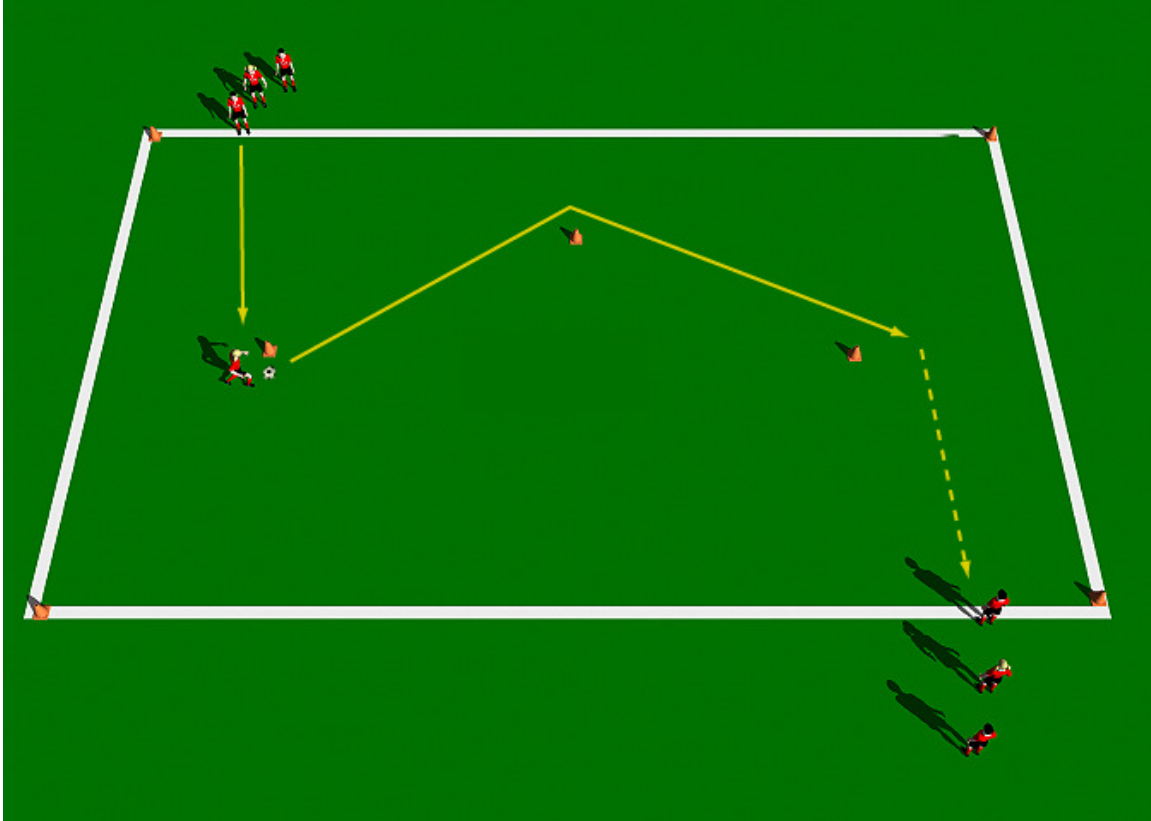
Change the defenders after each game.



**The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Use the outside and inside of the foot to dribble with the ball.
- Use a change of speed and direction to escape from the defender.
- Don't keep the eye's fixed on the ball. Scan the horizon.

# Dribble Zig Zag



## Exercise Objectives:

This practice is designed to develop each players dribbling skills with an emphasis on close control while changing direction with the ball.

## Field Preparation

- Entire Group
- Area 10 x 20 yards
- Supply of Balls
- Cones

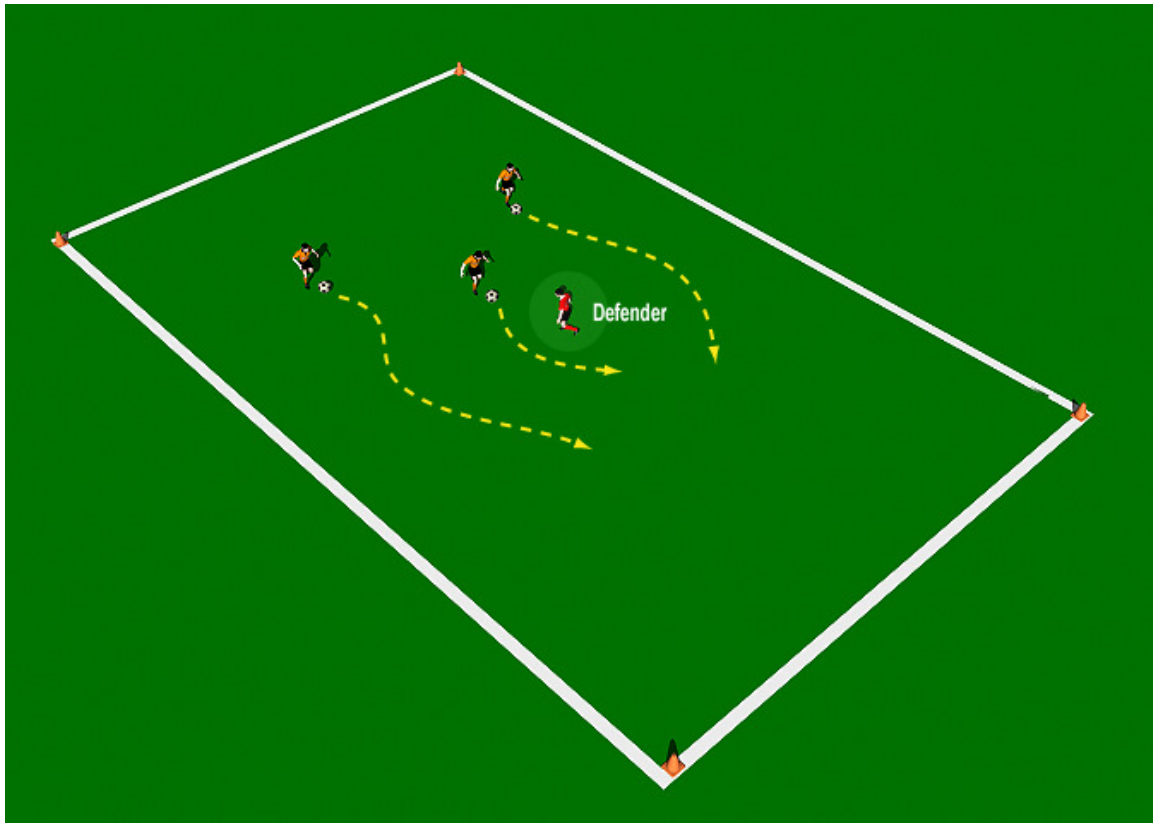
## Coaching Pointers:

Two small groups of players are positioned at opposite ends of a grid 10 yards x 20 yards. Three cones are placed within the grid as shown in the diagram above. On the coach's command, the first player dribbles as quickly as possible around the cones. At the last cone they pass the ball to the first player in the opposite group. The drill is then repeated from the opposite side.

## The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Use the outside and inside of the foot to dribble and change direction of the ball.
- Use a change of speed after getting around the cone.
- Don't keep the eye's fixed on the ball. Scan the horizon.

## ***Hold the Line***



### **Exercise Objectives:**

This practice is designed to develop each player's dribbling skills with an emphasis on finding space behind the defender.

### **Field Preparation**

- Small Group of Players
- Area 10 x 20 yards
- Supply of Balls
- Cones

### **Coaching Pointers:**

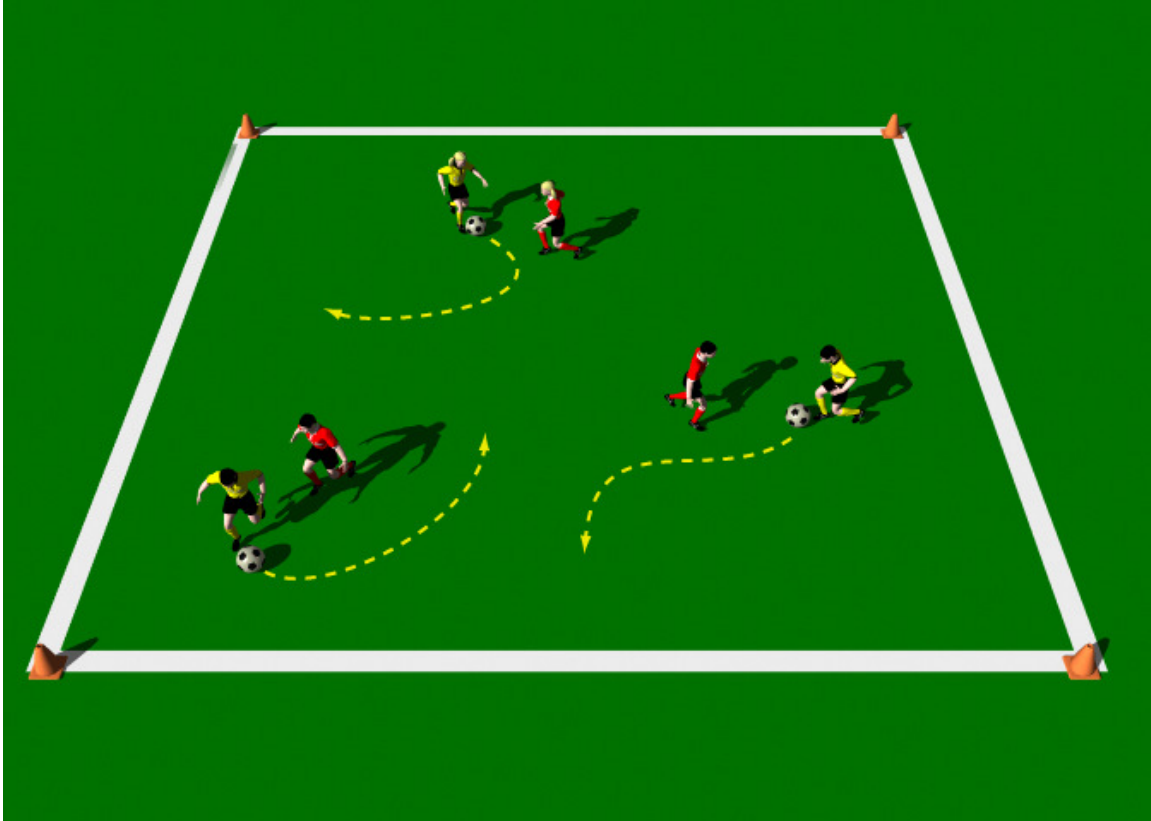
Three players with a ball each are positioned on the end line of a grid 10 yards x 20 yards. A defender is placed on the halfway line. On the coach's command, the players dribble as quickly as possible and try to get to the opposite end line while avoiding the defender. A goal is awarded for each successful attempt. The drill is then repeated from the opposite side. If a player is disposed by the defender, they then take the role as the defender.

The defender must always start from the halfway line. He may not recover past the halfway line to chase a player who has beaten him.

**The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Use the outside and inside of the foot to dribble and change direction of the ball.
- Use a change of speed and direction.
- Use head fake and body movements to disguise your intentions.
- Don't keep the eye's fixed on the ball. Scan the horizon.

## ***One against One***



### **Exercise Objectives:**

This practice is designed to develop each player's skills for with an emphasis on screening the ball, dribbling, dummies and tackling.

### **Field Preparation**

- Entire Group
- Area 20 x 20 yards
- Supply of Balls
- Cones

### **Coaching Pointers:**

The aim of the game consists of a player holding onto the ball as long as he can, and of beating his opponent by dribbling, dummies and changing direction. The opponent tries to force the man with the ball into a corner, where he can get in a more successful tackle. One-against-one is a basic situation in football, in which one player controls the ball and protects it by using his body as a screen between the ball and his opponent. Shielding the ball in this way is an important aspect of good ball control. While shielding the ball like this, the player should suddenly free himself of the attentions of his opponent by dribbling or selling him a dummy (body swerve, catching the opponent off balance, etc.) by using his ball control and the speed of his dribbling ability.

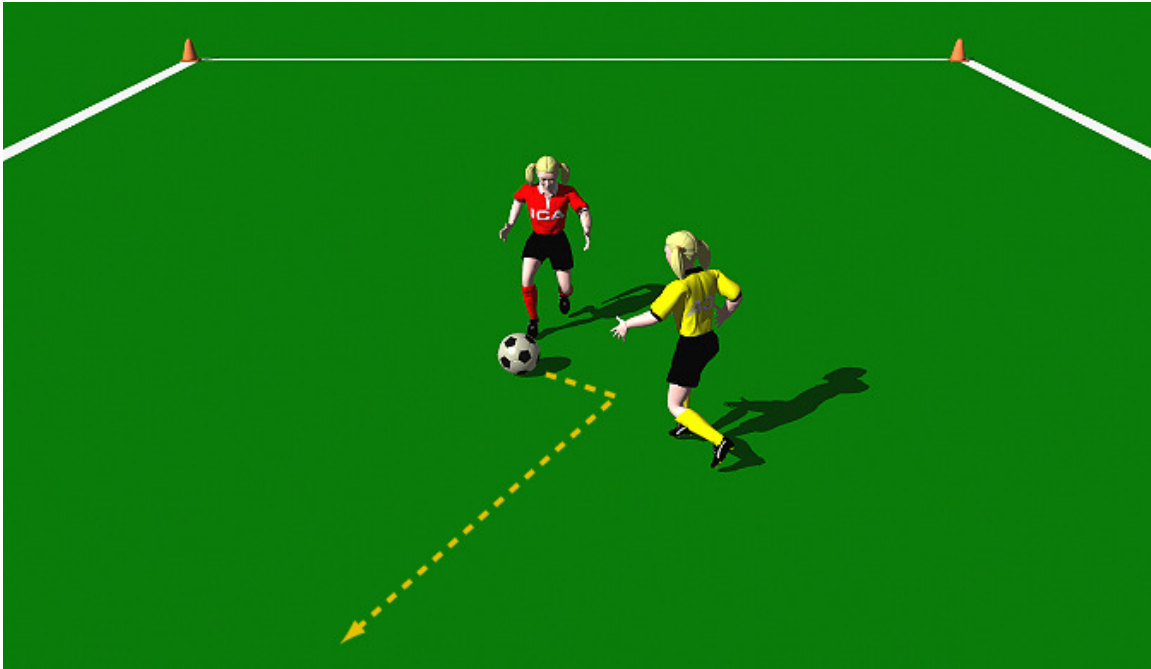
**Method**

The player with the ball is challenged by an opponent. When the opponent wins the ball, the roles are reversed.

**Variations**

- An extra player may be introduced so that the man with the ball always has two opponents instead of one, making it 1:2.
- Once the challenger has won the ball, he gives it straight back to the other player and they continue as before.

## ***One Against One (Attacking the Goal-lines)***



### **Exercise Objectives:**

This practice is designed to develop each players skills for with an emphasis on screening the ball, dribbling, dummies and tackling.

### **Field Preparation**

- 2 Players
- Area 10 x 20 yards
- 1 Ball
- Cones

### **Coaching Pointers:**

One against one is a basic situation in football, with one attacking player moving with the ball in one direction and the other player trying to stop him. This confrontation between two players is very important, as the player who emerges victorious wins possession of the ball.

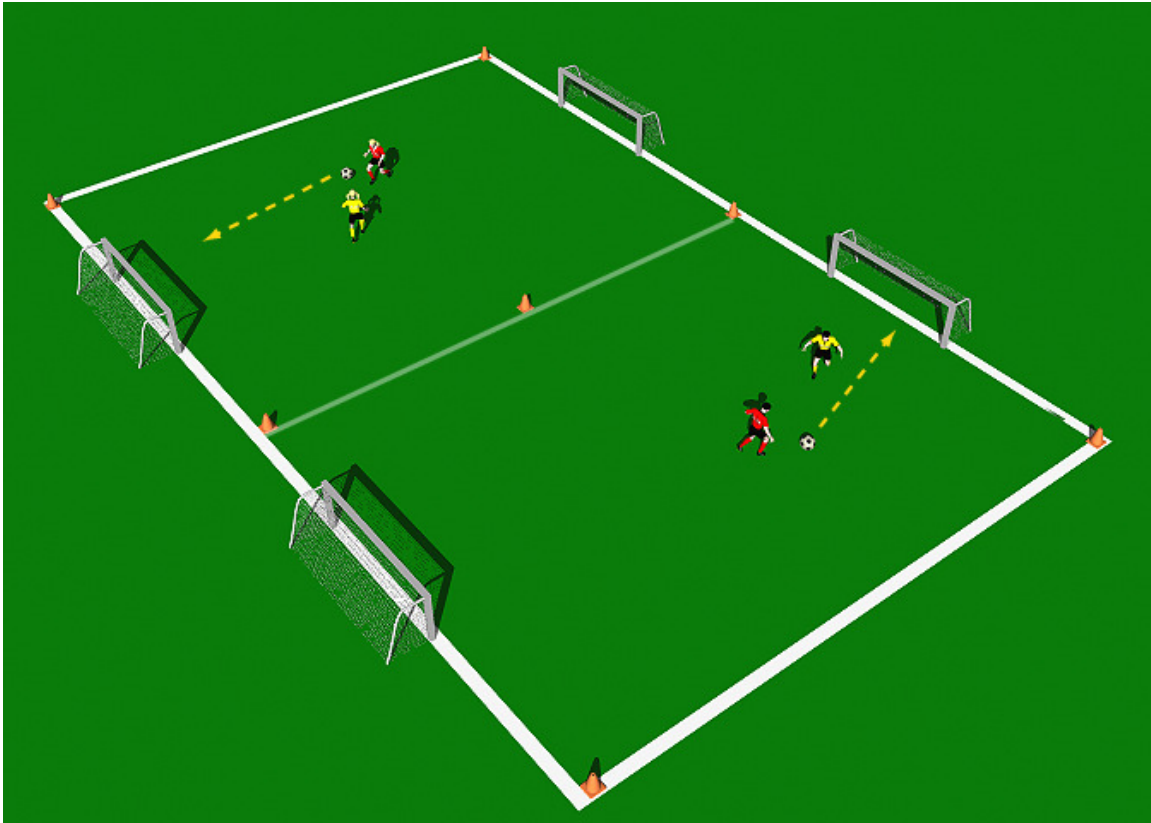
The player with the ball has to adopt different techniques to win this duel, and the way he does so depends upon his own individual skills. He may tempt his opponent by taking the ball up to him slowly, and then make a quick body swerve or change his pace in an effort to throw the defender off balance and force him to retreat quickly. Otherwise the dribbler may suddenly accelerate past his opponent after having dummied to pass the ball, or else outplay his man by screening the ball with his body and then turning right around and away from him.

The challenger, meanwhile, should try to maneuver his opponent into the direction where he can best make an effective tackle. Once the ball has changed possession, both players have to revert to the opposite role, an ability which is itself a basic requirement for any modern footballer.

### **Method**

Players play in pairs, one against the other, with each defending the goal-line behind him. Shots at goal do not count, and the goal is only valid if the player crosses the goal-line with the ball at his feet.

## ***One Against One (Attacking Small Goals)***



### **Exercise Objectives:**

This practice is designed to develop each player's skills for with an emphasis on screening the ball, dribbling, dummyming and tackling.

### **Field Preparation**

1 v 1 , Area 20 x 20 yards, Supply of Balls, Cones, Small Sided Goals.

### **Coaching Pointers:**

The aim is to attack the opponent's goal-line and to score as many goals as possible by taking the ball through one of the three small goals placed along the line. The player without the ball defends his three goals. The man with the ball starts his attack towards one of the three goals, trying to outplay the opposing defender by sudden changes of direction. The defender follows these changes of direction and tries to block his opponent's direct path to the nearest of the three goals and to slow him down.

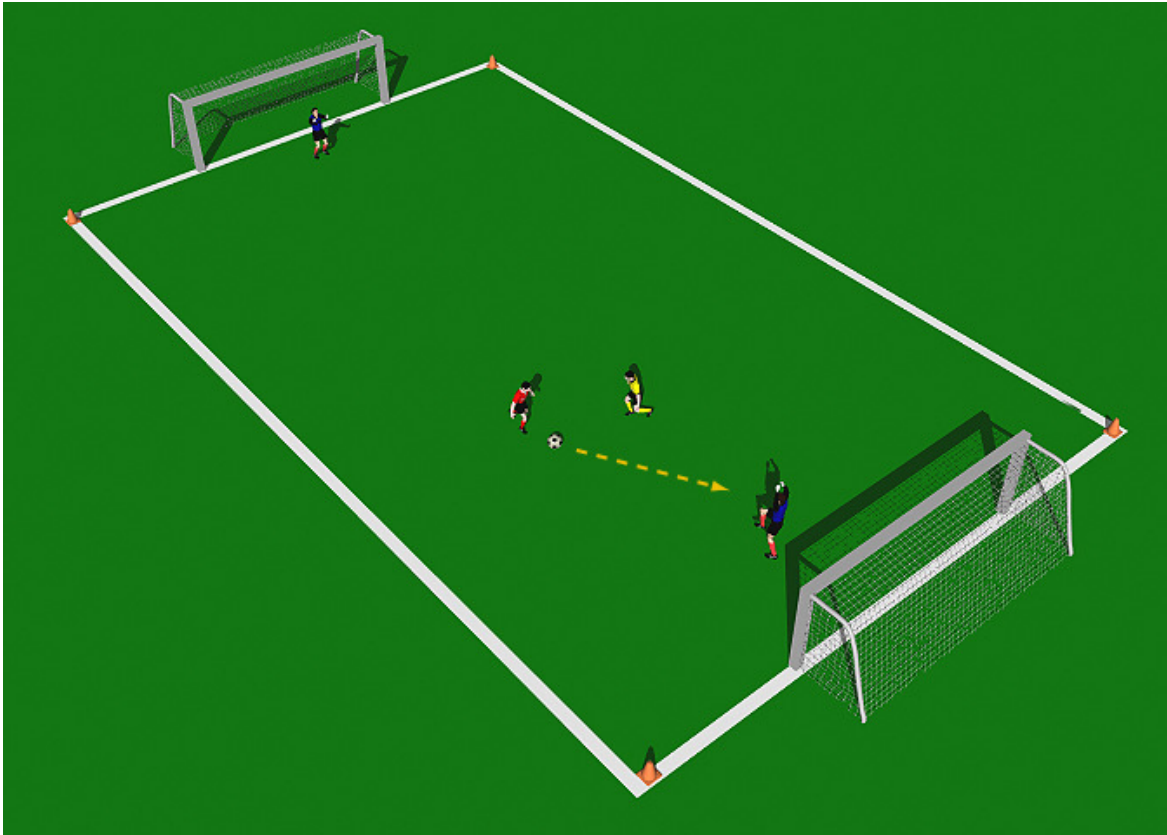
The exercise develops both players' tactical sense as it puts them in an un-usual match situation, with three goals in which they can score. The important thing for the attacker is to create danger by frequent changes of direction, by dribbling and by dummyming. With several goals to cover, the defender cannot simply drop back and try to defend one goal; on the contrary, he has to dummy to intervene with the man with the ball and try to anticipate his reactions.

### **Method**

Each player attacks and defends the three small goals on the goal-line. A goal only counts if the attacker passes through a set of posts with the ball at his feet.



## ***One Against One (Attacking Large Goals)***



### **Exercise Objectives:**

This practice is designed to develop each players skills for with an emphasis on screening the ball, dribbling, dummies and tackling.

### **Field Preparation**

- 2 Players ( 2 Goalkeepers)
- Area 20 x 30 yards
- Supply of Balls
- Cones
- Full Size Goals

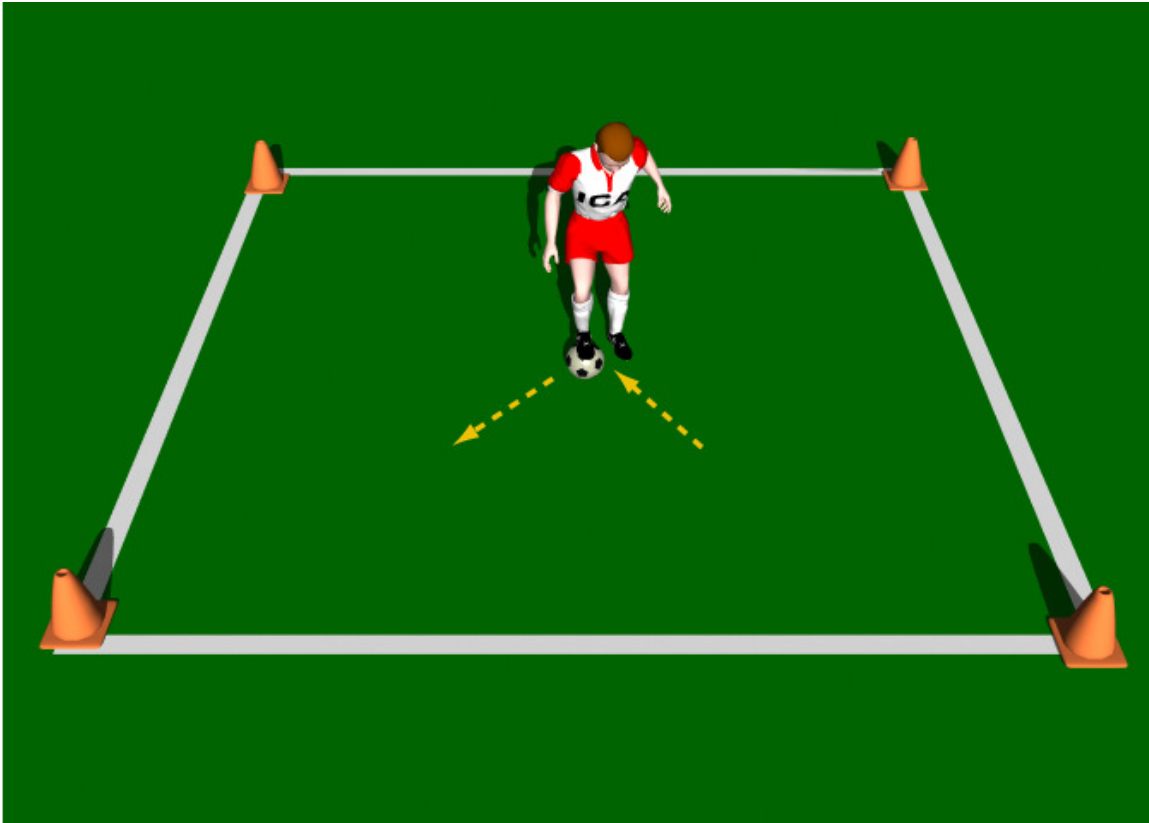
### **Coaching Pointers:**

The situation in this game is the basic situation of any football match and represents a decisive confrontation between two players in the crucial moment in front of goal.

### **Method**

One against one, with each player having a goalkeeper or an outfield player who can also act as a goalkeeper. The player with the ball tries to take it past his opponent and go on to score goals. The defender, meanwhile, slows down his opponent's attack and then intervenes at the right moment to start a counter-attack of his own.

# *The Quarter Turn*



## **Exercise Objectives:**

This practice is designed to develop the Quarter Turn dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

## **Field Preparation**

- Entire Group
- Area 5 x 5 yards
- Cones or Flag poles
- Supply of Balls

## **Coaching Pointers:**

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Quarter Turn moving inside the grid, working from cone to cone.

## **Technique:**

**Step One:** The player should place the sole of the foot on the ball, toe turned inward and heel facing outward.

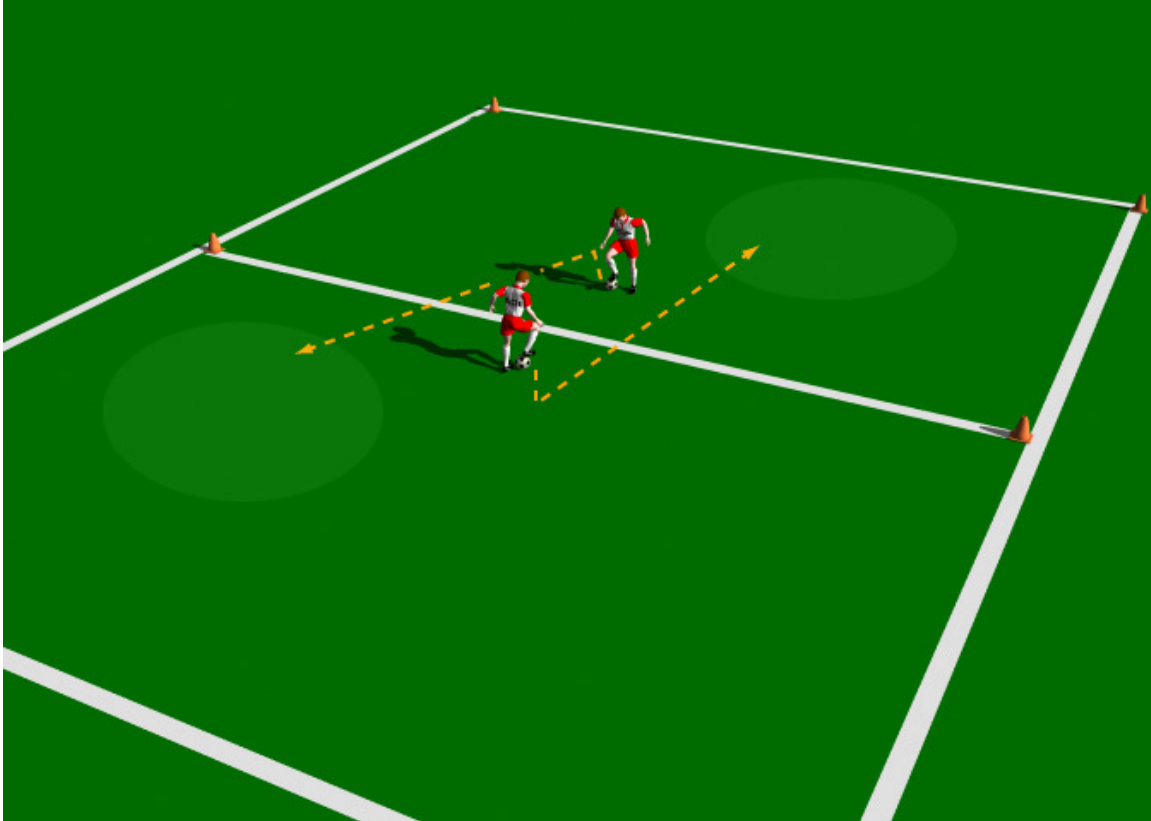
**Step Two:** The player then drags the ball away from the standing foot and removes the foot off the ball.

**Step Three:** Spinning quickly on the standing foot (like an ice-skater on ice) the player turns towards the ball as he redirects the ball at a 90 degree angle using the inside of the foot. Play the ball in the direction you want to travel.

**The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.

## *The Quarter Turn with Opposition*



### **Exercise Objectives:**

This practice is designed to develop each player's dribbling technique using the Quarter Turn Move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

### **Field Preparation**

- 2 Players
- Area 10 x 20 yards
- Cones or Flag poles
- 2 Balls

### **Coaching Pointers:**

Place two players with a ball each, in an area 10 yards x 20 yards. Players run towards each other with the ball and performing the Half Turn to avoid the oncoming opponent.

### **Technique:**

#### **The Quarter Turn:**

**Step One:** The player should place the sole of the foot on the ball, toe turned inward and heel facing outward.

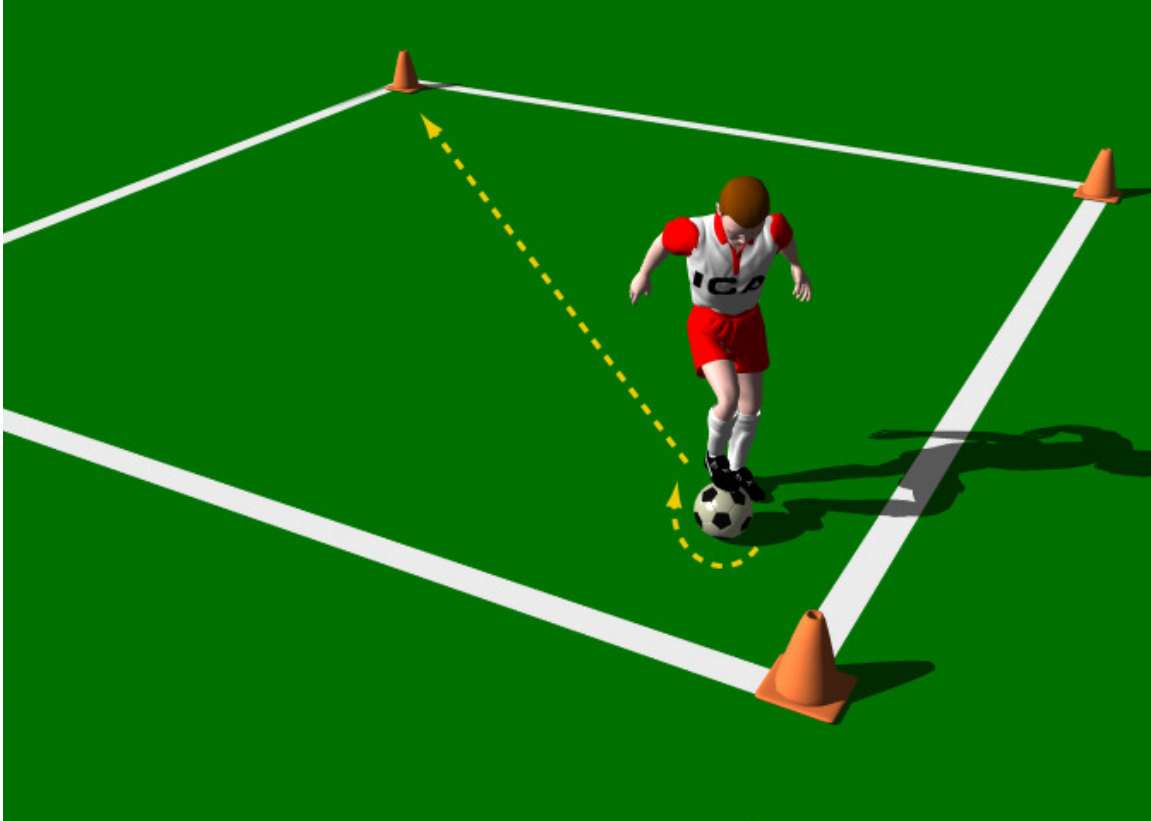
**Step Two:** The player then drags the ball away from the standing foot and removes the foot off the ball.

**Step Three:** Spinning quickly on the standing foot (like an ice-skater on ice) the player turns towards the ball as he redirects the ball at a 90 degree angle using the inside of the foot. Play the ball in the direction you want to travel.

**The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.

## ***The Half Turn***



### **Exercise Objectives:**

This practice is designed to develop the Quarter Turn dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

### **Field Preparation**

- Entire Group
- Area 5 x 5 yards
- Cones or Flag poles
- Supply of Balls

### **Coaching Pointers:**

This practice is designed to develop the Half Turn dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on. Place each player with a ball in an area 5 yards x 5 yards. The players perform the Half Turn move inside the grid, working diagonally from cone to cone.

### **Technique:**

**Step One:** Place the sole of the foot on the ball. Drag the ball back behind you using the sole of the foot. Spin quickly on the standing foot (like an ice-skater on ice) turning 180 degrees towards the ball.

**Step Two:** Push the ball far enough (approximately 1 yard) out of your feet to enable you to turn without taking a second touch.

**Step Three:** The second touch should be to set up a pass, shot or dribble.

**The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.

## ***The Half Turn with Opposition***



### **Exercise Objectives:**

This practice is designed to develop each player's dribbling technique using the Half Turn Move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

### **Field Preparation**

- 2 Players
- Area 10 x 20 yards
- Cones or Flag poles
- 2 Balls

### **Coaching Pointers:**

This practice is designed to develop each player's dribbling technique using the Half Turn Move. This maneuver is most often used to escape from pressure when a defender is confronting you head on. Place two players with a ball each, in an area 10 yards x 20 yards. Players run towards each other with the ball and performing the Half Turn to avoid the oncoming opponent.

### **Technique:**

#### **The Half Turn:**

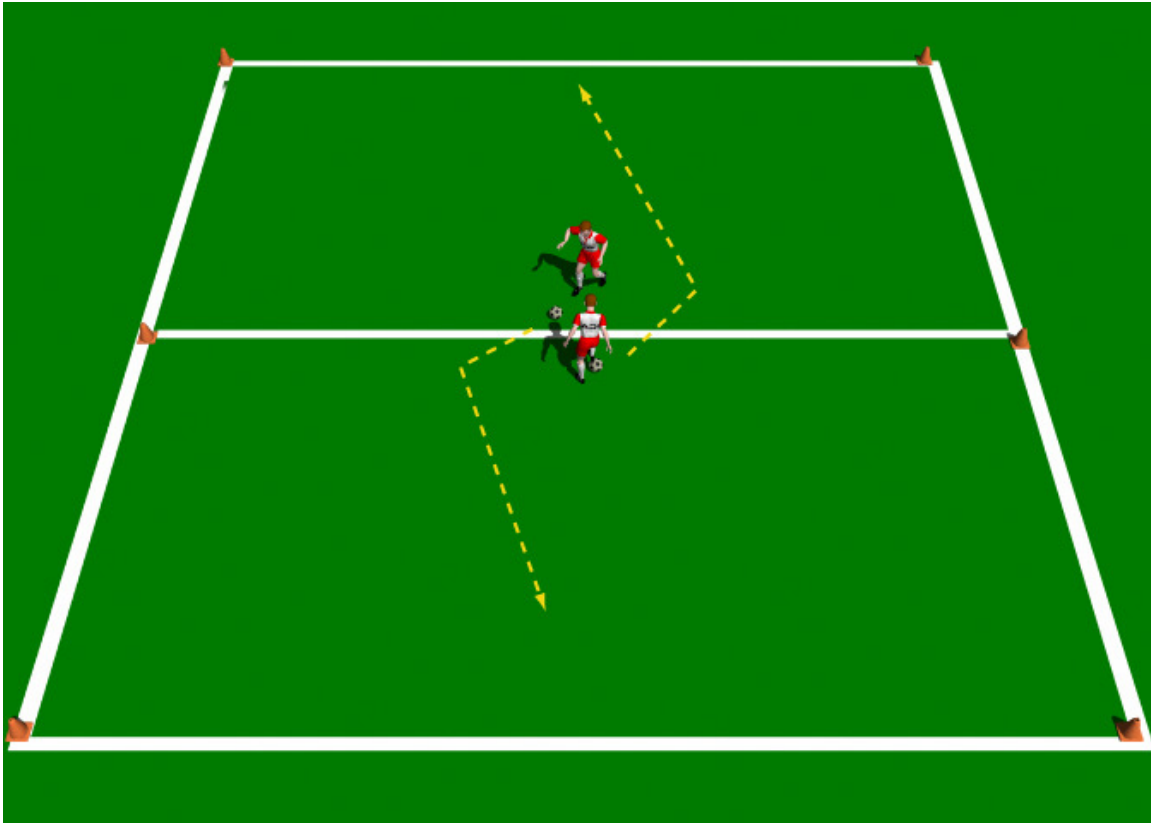
**Step One:** Place the sole of the foot on the ball. Drag the ball back behind you using the sole of the foot. Spin quickly on the standing foot (like an ice-skater on ice) turning 180 degrees towards the ball.

**Step Two:** Push the ball far enough (approximately 1 yard) out of your feet to enable you to turn without taking a second touch.

**Step Three:** The second touch should be to set up a pass, shot or dribble.



## ***Dribbling with Opposition***



### **Exercise Objectives:**

This practice is designed to develop each players dribbling skills when confronted with an opponent. These maneuvers are most often used to escape from pressure when a defender is confronting you head on.

### **Field Preparation**

- 2 Players
- Area 10 x 20 yards
- Cones or Flag poles
- 2 Balls

### **Coaching Pointers:**

Place two players with a ball each, in an area 10 yards x 20 yards. Players run towards each other with the ball and performing the Quarter Turn or the Half Turn moves to avoid the oncoming opponent.

### **Techniques:**

#### **The Quarter Turn:**

**Step One:** The player should place the sole of the foot on the ball, toe turned inward and heel facing outward.

**Step Two:** The player then drags the ball away from the standing foot and removes the foot off the ball.

**Step Three:** Spinning quickly on the standing foot (like an ice-skater on ice) the player turns towards the ball as he redirects the ball at a 90 degree angle using the inside of the foot. Play the ball in the direction you want to travel.

**The Half Turn:**

**Step One:** Place the sole of the foot on the ball. Drag the ball back behind you using the sole of the foot. Spin quickly on the standing foot (like an ice-skater on ice) turning 180 degrees towards the ball.

**Step Two:** Push the ball far enough (approximately 1 yard) out of your feet to enable you to turn without taking a second touch.

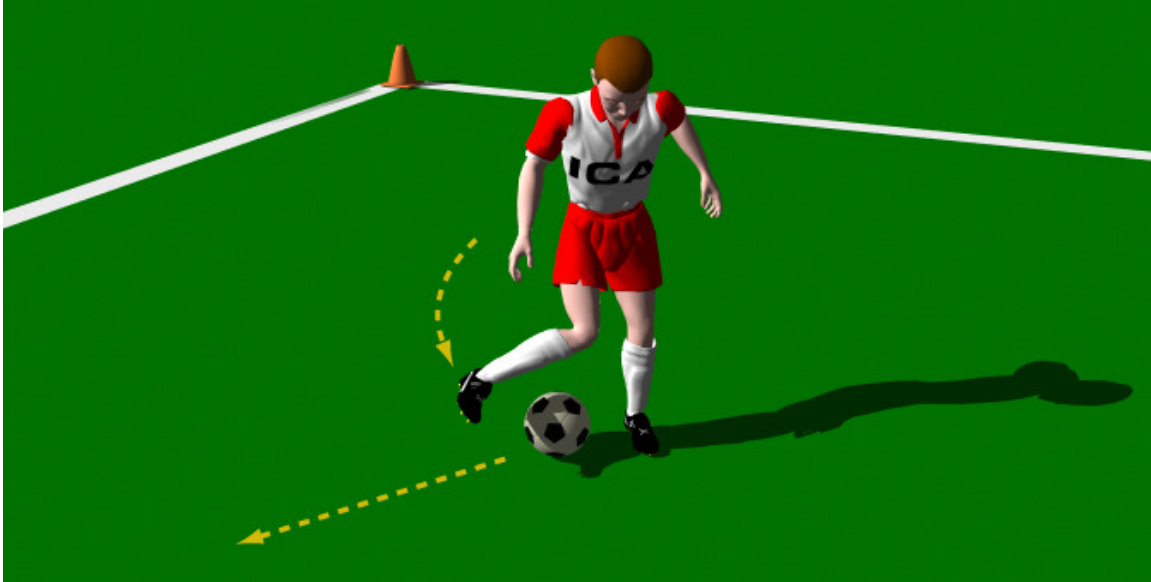
**Step Three:** The second touch should be to set up a pass, shot or dribble.

**Progress by adding more move can be added such as the scissors, the step over etc.**

**The coach should emphasize the following coaching points:**

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.

# The Fake Cut



## Exercise Objectives:

This practice is designed to develop the Fake Cut dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

## Field Preparation

- Entire Group
- Area 5 x 5 yards
- Cones or Flag poles
- Supply of Balls

## Coaching Pointers:

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Fake Cut moving inside the grid.

## Technique:

**Step One:** Place the non-kicking foot slightly behind and to the side of the ball. Bend the knee of the kicking foot. With the lace of the shoe facing the ball, fake to play the ball past the non-kicking foot.

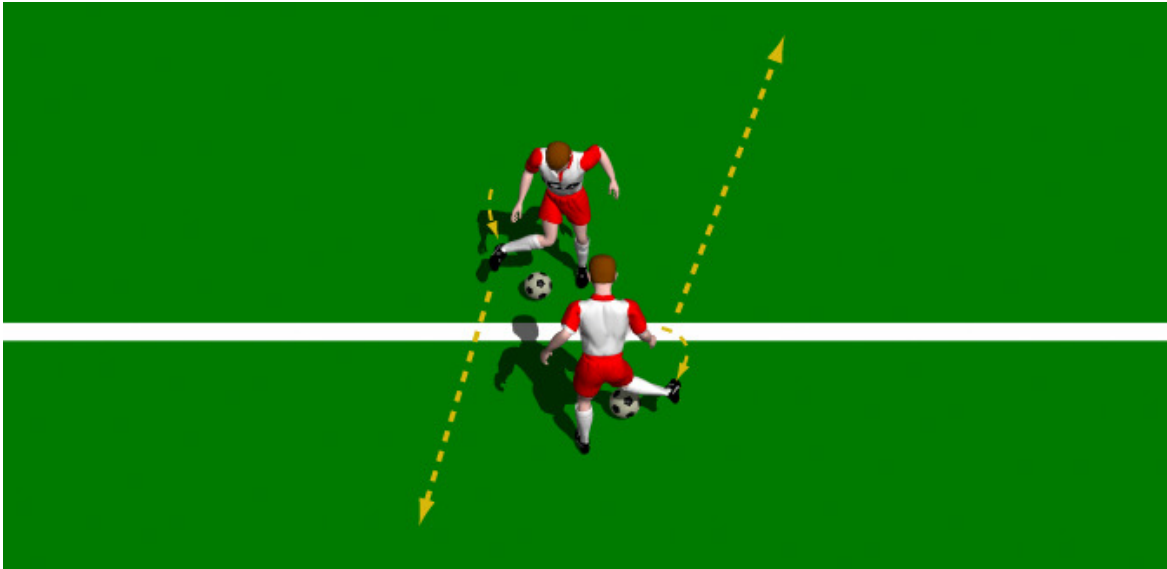
**Step Two:** Quickly reverse the direction of the kicking foot and move the ball in the opposite direction of the standing foot. The head should be kept steady and eye's fixed firmly on the ball.

**Step Three:** Play the ball in the direction you want to travel.

## The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.

## ***The Fake Cut with Opposition***



### **Exercise Objectives:**

This practice is designed to develop each player's dribbling technique using the Fake Cut move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

### **Field Preparation**

- 2 Players
- Area 10 x 20 yards
- Cones or Flag poles
- 2 Balls

### **Coaching Pointers:**

Place two players with a ball each, in an area 10 yards x 10 yards. Players stand in front of each other with their ball at their feet. On the coach's command, the players perform the "fake cut" move and escape to the opposite side of the grid. This practice is progressed to having the players run towards each other and perform the move as they get close.

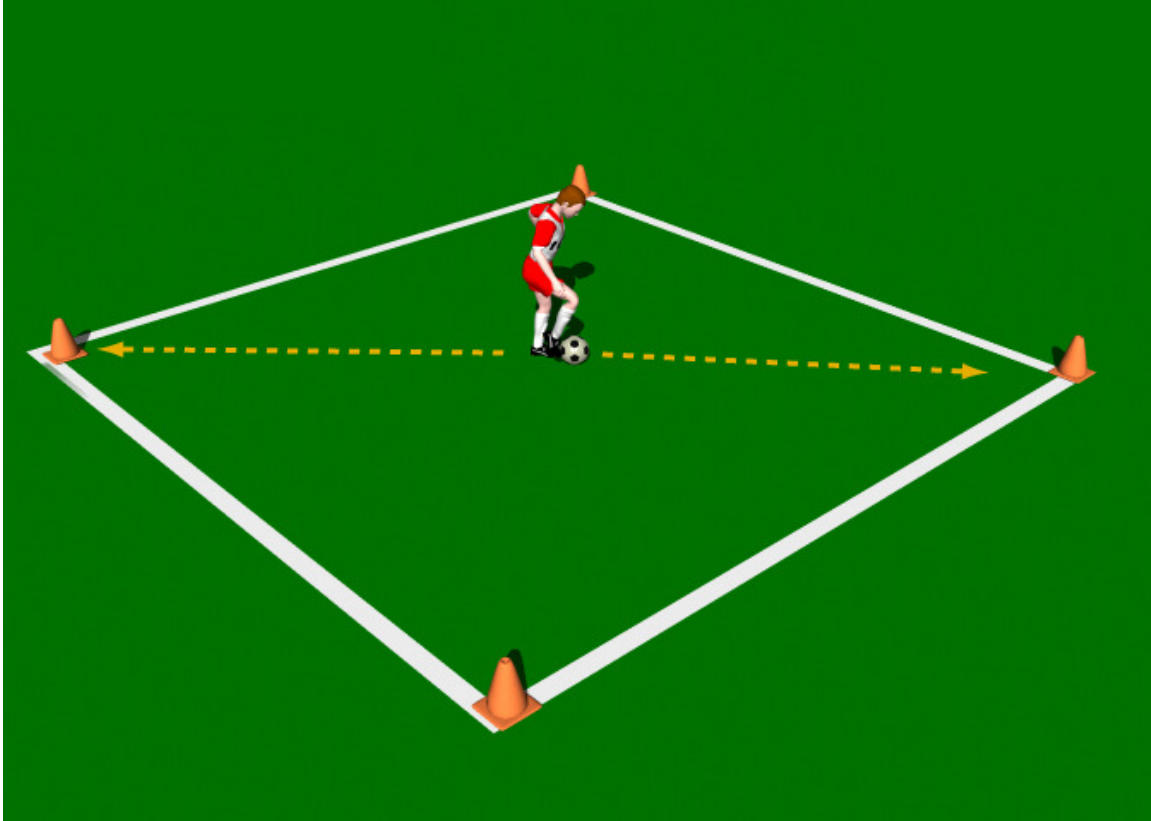
### **Technique: The Fake Cut:**

**Step One:** Place the non-kicking foot slightly behind and to the side of the ball. Bend the knee of the kicking foot. With the lace of the shoe facing the ball, fake to play the ball past the non-kicking foot.

**Step Two:** Quickly reverse the direction of the kicking foot and move the ball in the opposite direction of the standing foot. The head should be kept steady and eyes fixed firmly on the ball.

**Step Three:** Play the ball in the direction you want to travel.

## ***The Stop and Go***



### **Exercise Objectives:**

This practice is designed to develop the Stop and Go dribbling move. This maneuver is most often used to escape from pressure when an opponent is chasing alongside the player.

### **Field Preparation**

Entire Group, Area 5 x 5 yards, Cones or Flag poles, Supply of Balls

### **Coaching Pointers:**

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Stop and Go move inside the grid, working diagonally from cone to cone.

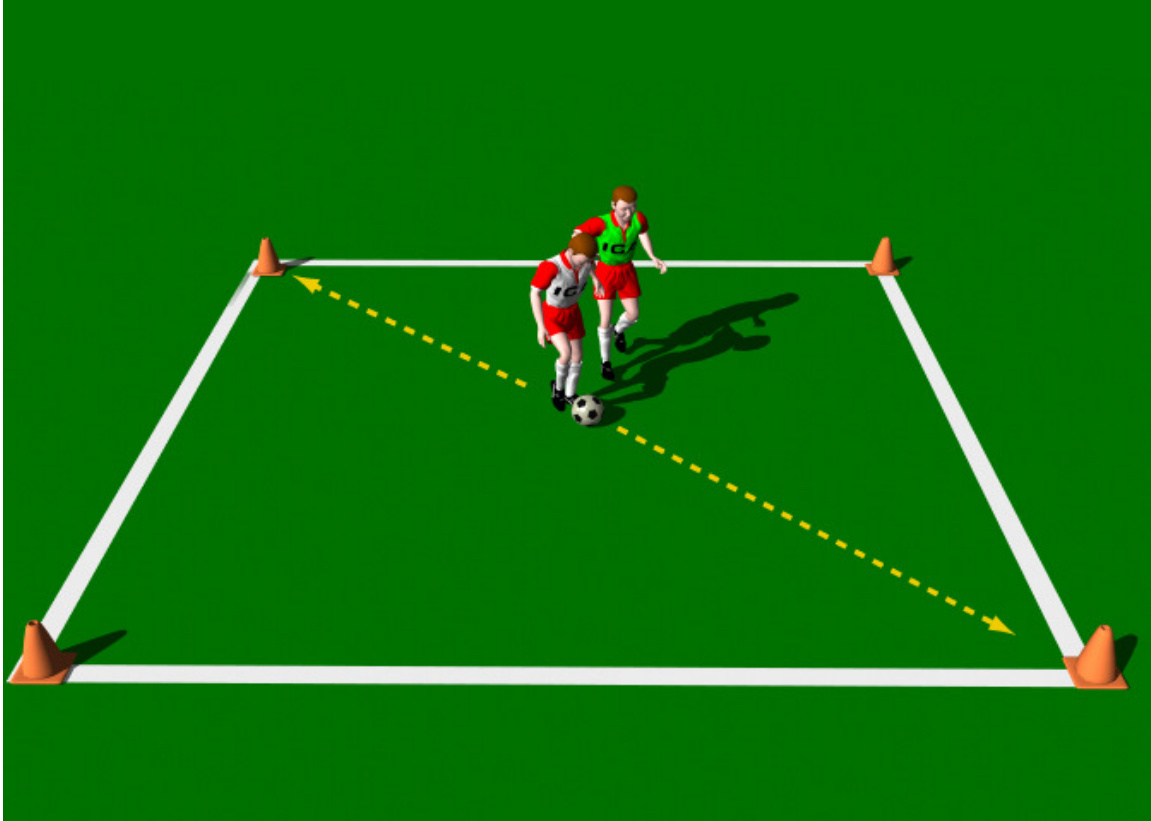
### **Technique: Stop and Go**

**Step One:** Move alongside the ball. As the ball is traveling, stop the ball with the sole of the foot. Withdraw the kicking foot behind the ball.

**Step Two:** Push the ball forward using the laces of the same foot. Keep the toe pointing down all the way through the follow-through.

**Step Three:** Lean forward slightly when executing the move and accelerate explosively.

## ***Stop and Go with Opposition***



### **Exercise Objectives:**

This practice is designed to develop each player's dribbling technique using the Stop and Go move. This maneuver is most often used to escape from pressure when an opponent is chasing alongside the player.

### **Field Preparation**

2 Players, Area 10 x 20 yards, Cones or Flag poles, 2 Balls.

### **Coaching Pointers:**

Place two players with one ball each, in an area 10 yards x 10 yards. Players take turns performing the Stop and Go move while their partner runs alongside them as a token defender. Do not tackle the player.

### **Technique: Stop and Go**

**Step One:** Move alongside the ball. As the ball is traveling, stop the ball with the sole of the foot. Withdraw the kicking foot behind the ball.

**Step Two:** Push the ball forward using the laces of the same foot. Keep the toe pointing down all the way through the follow-through.

**Step Three:** Lean forward slightly when executing the move and accelerate explosively.

# The Fake Cross



## Exercise Objectives:

This practice is designed to develop the Fake Cross dribbling move. This maneuver is most often used to escape from pressure when a defender is confronting you head on.

## Field Preparation

Entire Group, Area 5 x 5 yards, Cones or Flag poles, Supply of Balls

## Coaching Pointers:

Place each player with a ball in an area 5 yards x 5 yards. The players perform the Fake Cross moving inside the grid, working diagonally from cone to cone.

## Technique:

**Step One:** Place the non-kicking foot slightly in front and to the side of the ball. Bend the knee of the kicking foot. With the kicking foot, fake to cross the ball.

**Step Two:** Quickly reverse the direction of the kicking foot and move the ball in behind the standing leg. The head should be kept steady and eye's fixed firmly on the ball.

**Step Three:** Play the ball in the direction you want to travel. The ball should be played out from the body to keep the head up. If the ball is played too close, the eye's will be down and fixed on the ball.