

ACTIVITY #1

Set up: Grid, every player with a ball

Instructions: Offer an Instruction, followed by a "Go" command, players dribble for speed until it is time to repeat the skill.

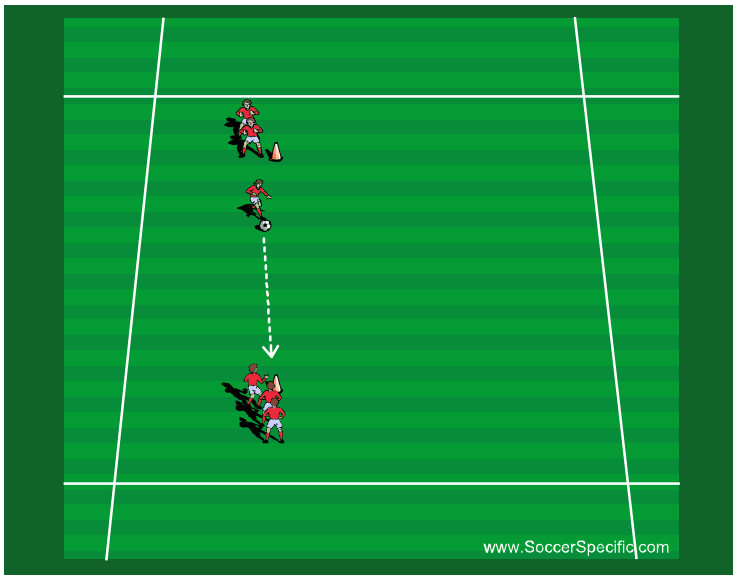
Progression:

1. Feet on Top
2. Ball In-Between
3. Two on the top, Two on the side
4. Inside outside with both feet
5. Scissors around the ball

Coaching Points: 1. Lightly Touch the Ball, don't stamp... be in control of your feet by being on your toes and moving quicker, not "harder"

2. We dribble for speed using the Outside or Laces of our foot. Never use the inside for speed, because then we are constantly dragging a leg behind us.

2.



ACTIVITY #2

Set up: 2 Lines Facing Each Other

1 Ball per group.

Instructions: Dribble for Speed to the opposing line.

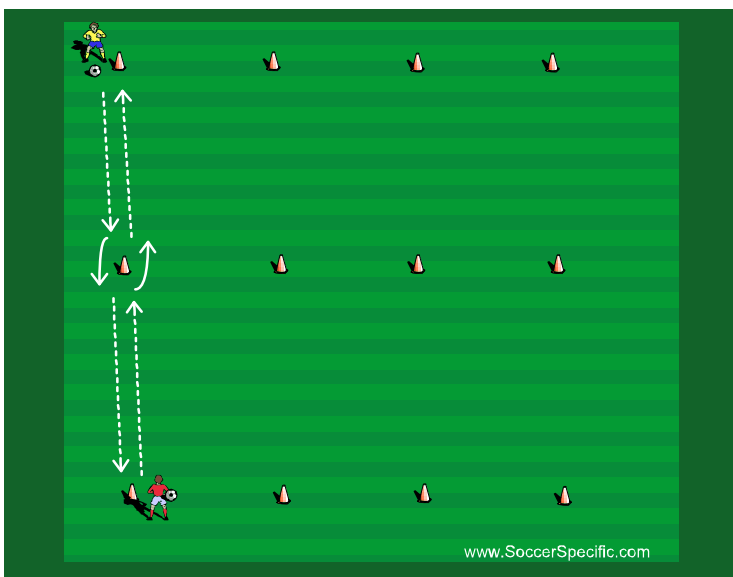
Person in front will say "leave it", take the ball away, and then the exercise repeats as the player who just completed the speed dribble gets in back of the closest line.

Coaching Points: Use the Laces or Outside of your foot.

Push the ball 2-3 steps in front so we can run on to it.

Too close is not fast, too far is not controlled.

Head Up



ACTIVITY #3

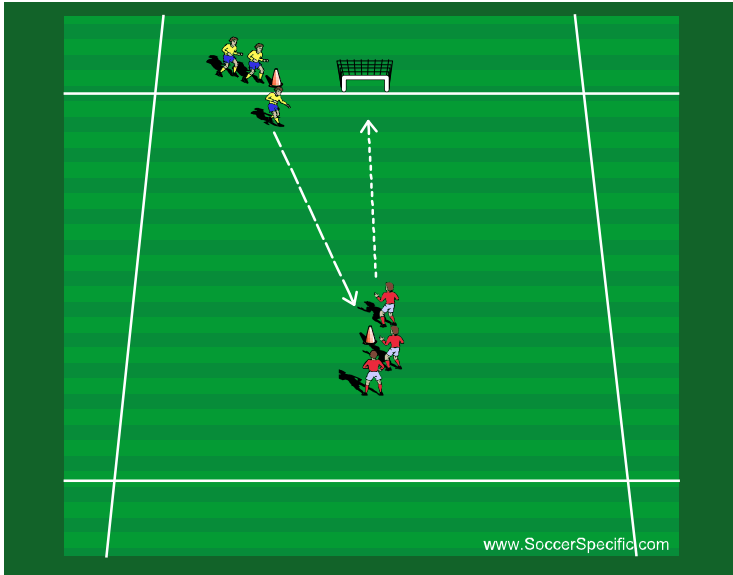
Set up: 1 Ball per Player

3 Cones, 20 yards apart, 1 divider

Instructions: Players dribble toward reference cone at speed and execute the skill move requested

1. Step Left, Go Right
2. Step Right, Go Left
3. Scissor Right/Left
4. Step-Over Right/Left

Coaching Points: Dribble for speed, execute move, accelerate away



ACTIVITY #4

Set up: 1 Goal

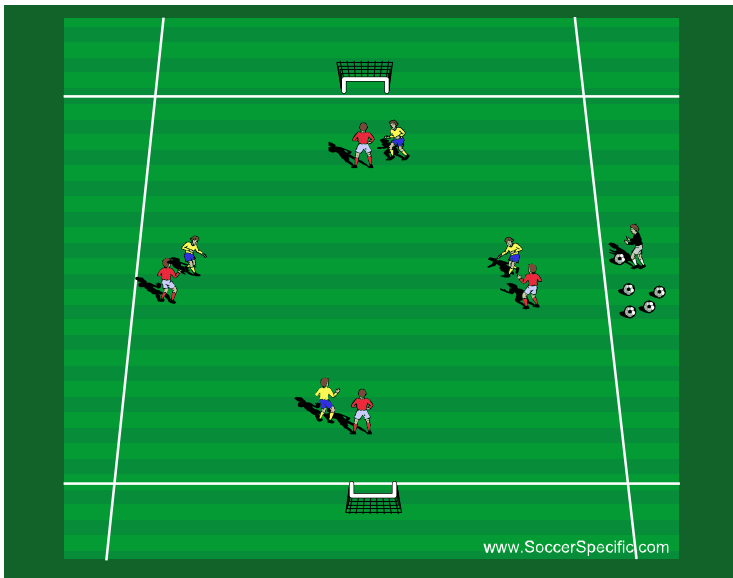
2 Lines, 20-30 Yards apart

Instructions: Defender passes a ball out, Attacker goes to goal

Coaching Points: Accelerate to the Defender

Sell your move 3 steps in front

Accelerate Away



ACTIVITY #5

Set up: 4v4 to goal

40x30 Grid

Instructions: Play

Ball always starts from coach

Coaching Points: