

Control Dribbling

“Sponge Activity” (as players arrive)-Triangle Tag-2 min.

Set up-

Using cones, set up small triangles (cones about 3 feet apart). Players pair up and are assigned a “triangle”.

Play-

Players play “Tag” around the triangle. One player is “it” and must tag his/her partner. Once tagged, partner is now “it”, etc. Players may not cut through (or jump over) triangle.

Coaching points-

Use “tricks” to fool your partner



“Warm Up” Triangle Tag with ball 3-4 min.

Set up-

Same as above, but each player has a ball.

Play-

Players now must play “tag” while controlling their own ball.

Coaching points-

Keep your ball close! Don't use your toe to dribble! Use the sides of the foot to direct the ball. Can you trick your partner into thinking you are going one way, and then go the other?



“Small Sided Activity” Team Freeze Tag- 10 min.

Set up-

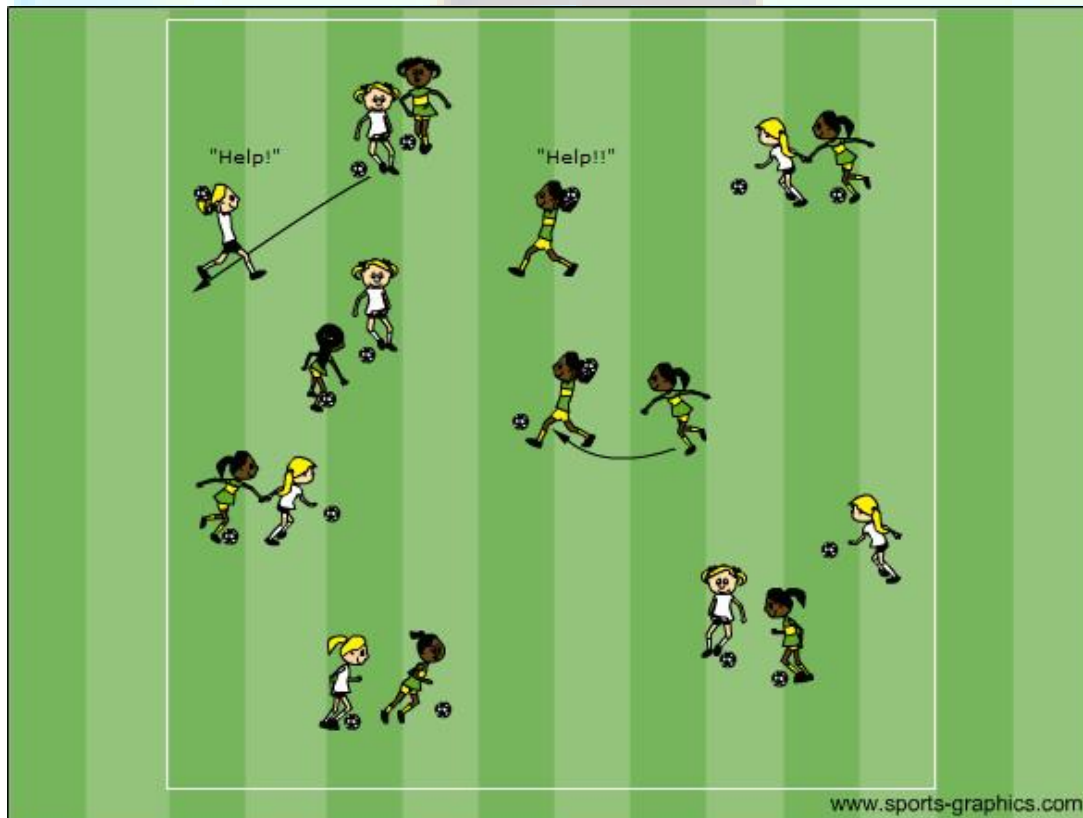
In a 15x25yd grid, create two teams (using vests) and have each player dribbling a ball.

Play-

Everyone is “it”. Players dribble while trying to “tag” players on the other team. If tagged, a player holds his ball overhead and makes a “goal” by spreading his feet. Teammates can “unfreeze” teammates by dribbling their balls through the “goals” (nutmeg). If two players tag each other at the same time, both are frozen. Play ends when one team is completely frozen. Award a “point” to the unfrozen team and start a new game.

Coaching points-

Control! Keeping the ball close will allow a player to turn when they want/need to! Decision making! “Do I unfreeze a teammate or try to tag an opponent?” How do I decide? Keep eyes up to see the situation and decide!



“Expanded Small Sided Activity” End Line Game- 10 min.

Set up-

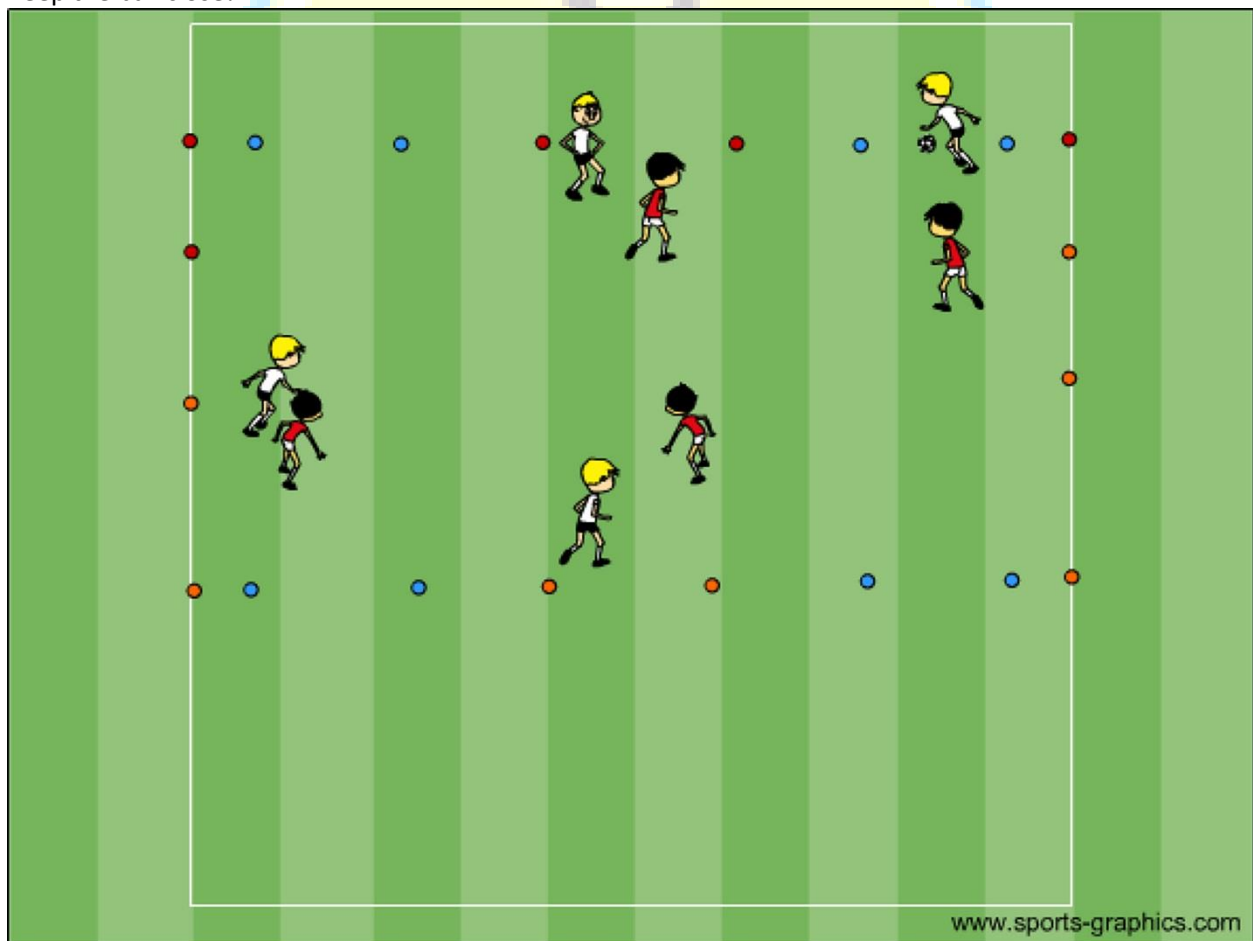
On a field that is wider than it is long , two teams of 3 or 4 play to “end lines”. Direction of play is toward the longer side of the grid.

Play-

Teams play 3v3 or 4v4 and score by dribbling (under control) over the opponent’s end line (the wider of the two dimensions).

Coaching points-

When should you pass/dribble? Where is the easiest place to score a point? How is your team shape? Should you dribble or pass near your own end line? If you can penetrate with the dribble, do it quickly! Keep the ball close!



“Scrimmage” - 10 min.

“Wrap up” - 1 min.