

# Control Dribbling

**“Warm Up” - Technical Box- 10 min.**

## Set up-

In a grid, each player has a ball and dribbles, listening to coaches’ commands.

## Play-

“Pull Back/Turn”, “Spin in/out”. Coaches act as “defenders”.

## Coaching points-

Keep your ball close! Don’t use your toe to dribble! Use the sides of the foot to direct the ball into space. Show ways to keep the ball in play. Accelerate after your dribbling move



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

### Set up-

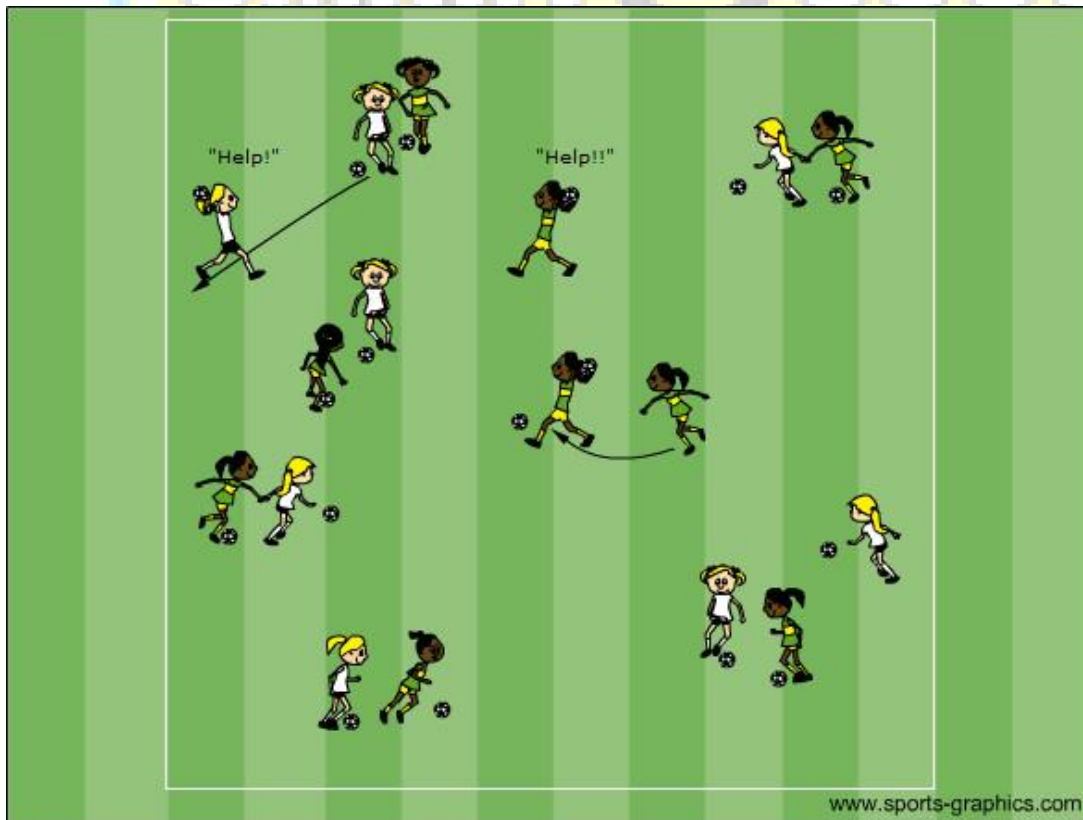
In a 15x25yd grid, create two teams (using vests) and have each player dribbling a ball.

### 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-

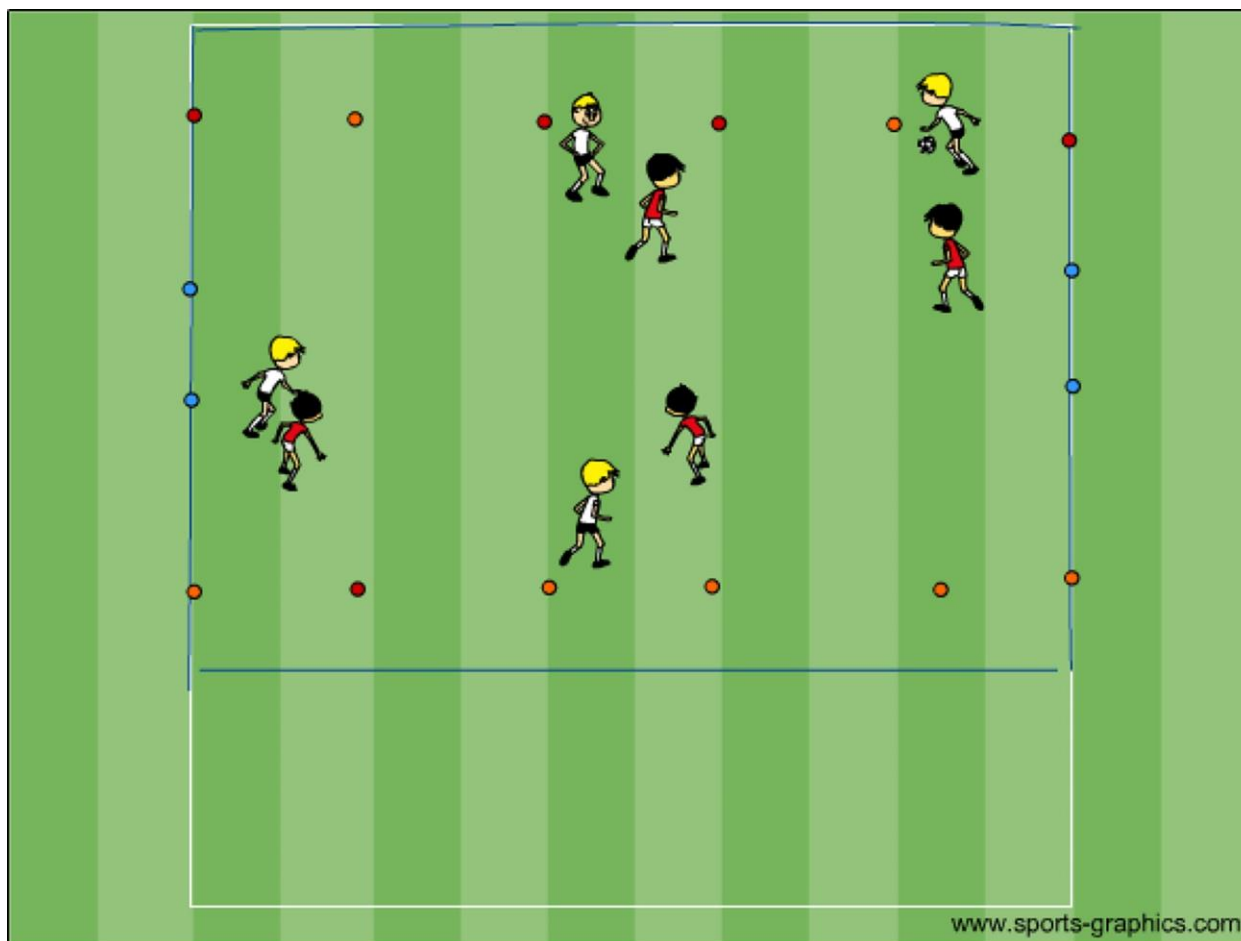
On a field that is wider than it is long, two teams of 3 or 4 play to “end lines”. Direction of play is toward the longer side of the grid.

### 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!



“Expanded Small Sided Activity” 4v4 (3v3)- For last few minutes, play 4v4 to blue goals