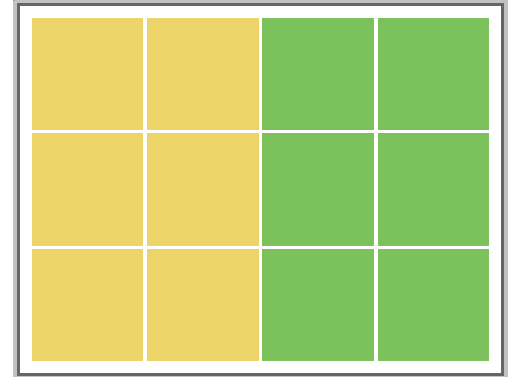




Materials Needed



- 20 x 20 yard grid
- Group of players
- 16 Cones
- Large supply of balls

“Free Dribble” (Ball Control)

Appropriate for ages 8 - 12 (15 - 25 minutes)

Set Up and Progressions:

All players with a ball utilizing the inside, outside, and sole of the foot to dribble away from pressure. Coach dictates the players actions. Players can practice dribbling with speed, using the laces and instep dribble, change of direction moves, and take on moves. Coach can add a little pressure by having players dribble towards each other and attempt a move to get around them or change direction.

Option A: Work on moves only (i.e. Step Over, Double step over, Scissors, In and Out, etc.)

Option B: Combine moves so that players are doing 3 - 4 moves in sequence.

Option C: Work on all moves and dribbling actions using Non-Dominant foot only.

Objective:

To develop confidence in your players to manipulate the ball and build comfort dribbling the ball going forward, changing speed and changing direction.

Coaching Points:

- Keep ball within 1 giant step
- Use all parts of your feet
- Keep both knees bent
- Try to keep your head up
- Use laces and outside the foot for speed
- Use arms to maintain balance
- Lean over the ball