



UNIONVILLE-MILLIKEN SOCCER CLUB
Soccer School

TOPIC: Dribbling II

WARM UP: (25 minutes)

1. Players dribble around in square.
 - a. Respond to basic calls:
 - i. Have players dribble to Open spaces...head up and look for the open areas.
 - ii. Players dribble around and respond to calls:
 1. “Stop” – put foot on ball
 - iii. “*Turn*”...player dribbles puts foot on ball and pulls it back underneath them.
 - iv. “*Cut*”...player dribbles ball and uses inside of foot to change direction 180 degrees.
 - v. “*Ball Touches*”...player stands in place and touches the top of the ball with the bottom of their shoe... Coach calls out (10 ball touches)...Player touches ball 10 times alternating feet
 - b. **Giants:** [Parents stand spread out in square. Players dribble around Giants and when coach says “GIANTS!”], parents try and catch the nearest child but they can not move from their spot]

Take a break.....

- c. **Simon Says:** [players do what the coach says. If they make a mistake...have them do something silly.]
 - i. *Sit on ball, put ear to ball, dribble with left foot etc...*

SMALL-SIDED GAME: [30 x 25] (25 minutes)

3 v. 3, with no goalkeepers

Have fun!

COACHING POINTS:

Dribbling:

-Change of Pace

-Change of Direction

-Head Up