





UNIONVILLE-MILLIKEN SOCCER CLUB
Soccer School

TOPIC: Dribbling

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. Dribble using the inside of their feet....
 1. try outside of feet.
 2. Try Left foot only, then Right foot.
 - iii. **“Stop”**....put foot on ball
 - iv. **“Change”**....stop ball, run and get another player’s ball....(Similar to musical chairs)
 - b. **Pirates:** [take the ball away from 2 players (the Pirates), the rest dribble around square while the Pirates jog without a ball....coach yells “Pirates”....players “Stop” their ball and get some one else’s ball. 2 left over players are the new Pirates.

Take a break.....

- c. Respond to basic calls....(Learn a move)
 - i. **“Pull Back”**....player dribbles puts foot on ball and pulls it back underneath them.
 - ii. **“Cut”**....player dribbles ball and uses inside of foot to change direction 180 degrees.
 - iii. **“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
 - d. **Shark Attack:** [select 2 players to stand out of the grid (they are the sharks), the rest are dribbling inside...Coach yells, “Shark Attack.” Sharks run in and try to kick ball away from dribblers....when they do...dribblers must do 10 ball touches and then they can dribble again. Change sharks every couple of minutes
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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