



Running with the Ball Unit 1

Category: Technical: Dribbling and RWB

Difficulty: Beginner

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Description

'4 Corners' (10 mins)

Description

4 players are positioned in the corners of a 10x10 square with 1 player in center. On coach's call each player dribbles to another corner.

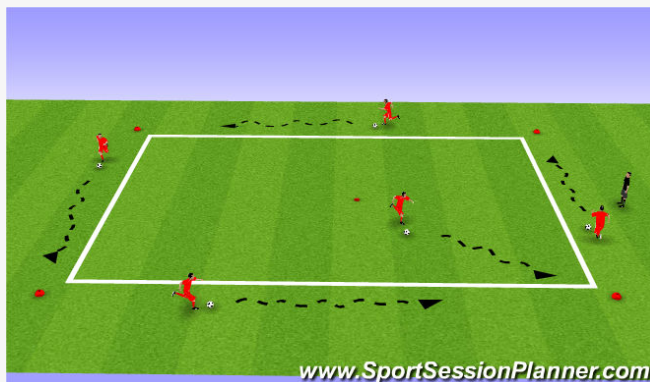
The player that does not have a corner, does not get a point and starts in the center of the square for the next round.

Variations

1) Dribble only with right foot. 2) Dribble only with left foot. 3) Dribble only with outside of the foot.

Coaching points

1. As this is competitive, players need to dribble the ball quickly, but also concentrate on maintaining good control
2. Slowing down and stopping the ball in the corner is essential (demo if needed)
3. Players need to be aware of the movement of others to decide which corner to run to.



Ball Control and Coordination (10 mins)

Description

The first player must pass the ball under the hurdles and jump over them, dribble through the cones and finally pass the ball to their teammate (B).

Player B must do the same going backwards (cones first, hurdles second).

Make this a competition

Variations

1) Dribbling with only left or right foot. 2) Vary distances between cones.

Coaching Points

1. Close control is important here so players should be taking many touches.
2. Soft feel on the ball.



Close Control with Shooting Accuracy (15 mins)

Description

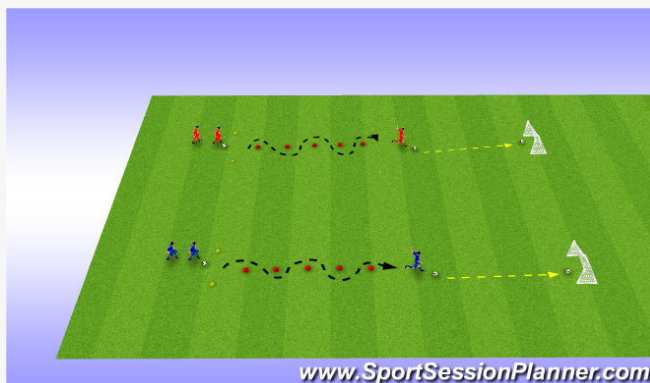
Players dribble through the cones and shoot in the small goals.

Variations

1) Dribbling only with right or left foot. 2) Dribbling only with inside or outside of foot. 3) Vary the distance through the cones.

Coaching Points

1. Good ball control with soft touches at speed.
2. Slightly bent knees when changing direction, with the ball close to their feet.



Cordination and Agility with 1v1 Duels (15 mins)

Description

The red players dribble through the poles and then try to score. The blue players work through cordination course and then defend.

Switch halfway through and team with most goals win.

Variations

1) Play with GK. 2) Dribble using different parts of foot.

Coaching Points

1. Soft touches while dribbling through the cones.
2. Encourage the use of skills to beat in the 1v1 duel

