

Coach: FC Session # 7

Topic
Dribbling



Area: 25x25

Organization:

designated with colors.

- Each player has a ball and dribbles around the inside of the grid. Players must avoid each other. When the coach calls out a color, the players must then dribble the ball quickly to the corner selected while avoiding other players. First player into the corner wins a point.
- Divide players into pairs, with one ball each.
- Players alternate dribbling the ball towards each other. At the mid-point of the grid, players' turn and dribble back to their starting positions.
- Players should accelerate after turning.

Coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.