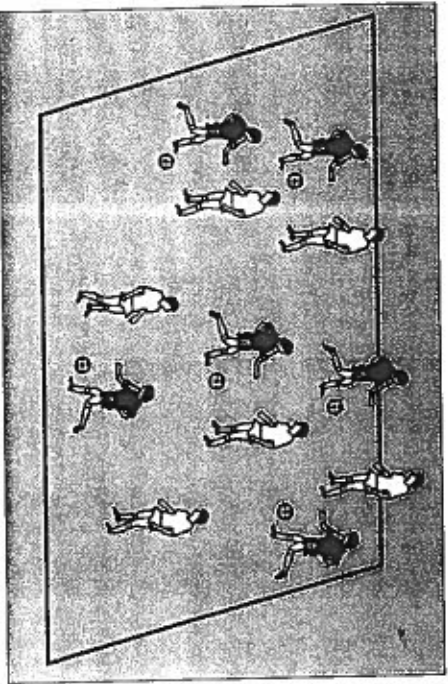


# DRIBBLING & TURNING

## Unopposed Dribble



**Organization:**  
Using a 30 yard square, break the group into six dribblers and six stature players. The six dribblers attempt to go around as many of the statures as possible during a set time period. The players then change roles.

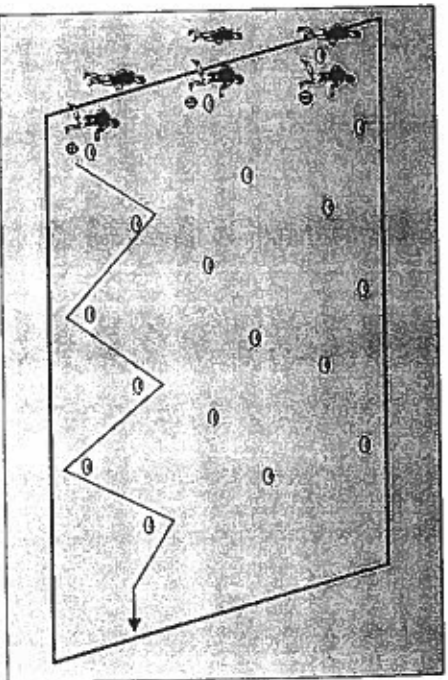
**Progression:**  
Dribble using only the dominant foot.

Dribble using only the weak foot.

Dribble using only the outside of either foot - then the inside of either foot.

**Coaching Points:**  
Get your head up and look around in between touches.  
Keep low to the ground when changing direction.  
Lean in towards the statue to make the turning circle smaller

## Slalom Dribble



**Organization:**  
Set up the players in groups of three or four split across a 30yard grid. The first player in each group will dribble through the slalom course of cones. When they reach the end, the next player begins. Repeat several times.

**Progression:**  
Dribble using only the dominant foot.

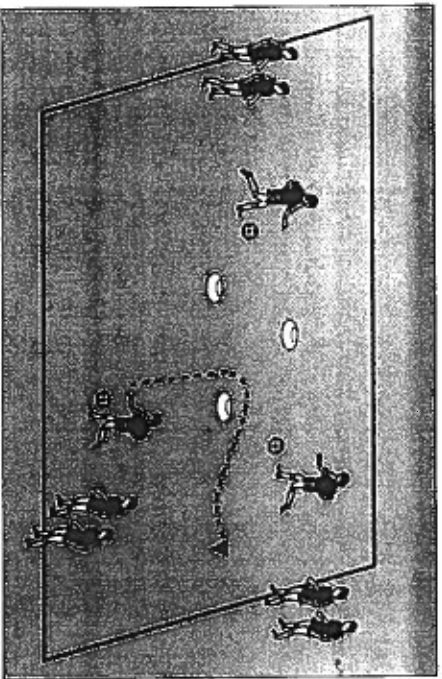
Dribble using only the weak foot.

Dribble using only the outside of either foot - then the inside of either foot.

Dribble at speed using any surface of either foot.

**Coaching Points:**  
Get your head up and look around in between touches.  
Slow down and shorten your strides as you approach the cones.  
Keep low to the ground when changing direction.  
Lean in towards the cones to make the turning circle smaller

## Triangle Dribble



**Organization:**  
The group works in a circle 20 yards in diameter. Three players have soccer balls and begin by dribbling towards the three cones in the center of the circle. The dribblers must exit the triangle through a different side to the one that they came in through. Once they exit the triangle they look up and make a pass to a teammate on the perimeter.

**Progression:**  
Add further restrictions so that the players are forced to experiment with their own ideas:

Players must enter the triangle forwards but leave backwards

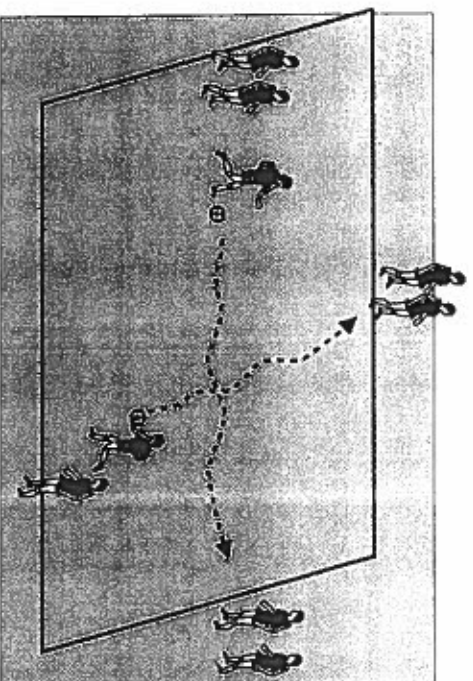
Players must enter dribbling with their right foot and exit using their left

Players must dribble completely around two cones

**Coaching Points:**  
Use gentle touches with the inside, outside and top of the foot.  
Keep the knees slightly bent.  
Get your head up to look for other players dribbling close to you.



## Cross Over Dribble



**Organization:**  
Divide the players into four groups and station each group on the four sides of a 20 yard square. Each player has a ball. One player from each line begins by dribbling across the grid to the opposite side. They must dribble through the middle of the grid, forcing them to negotiate their way through the other players.

**Progression:**  
The dribbler now must make a pass to the next player in line immediately after crossing the half way point.

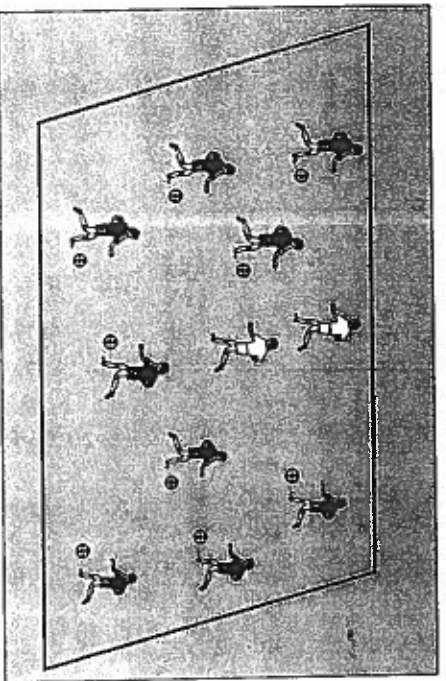
Dribblers now come across two at a time.

The dribblers may not stop while dribbling across but may now kick away any soccer balls that end up directly in front of them

**Coaching Points:**  
Keep the ball moving however keep it close enough to stop or cut quickly if needed.  
Slow down in areas of high traffic and be prepared to cut left or right to avoid contact.  
Look up and around frequently between touches for other players and the half way line.



## Dribble tag



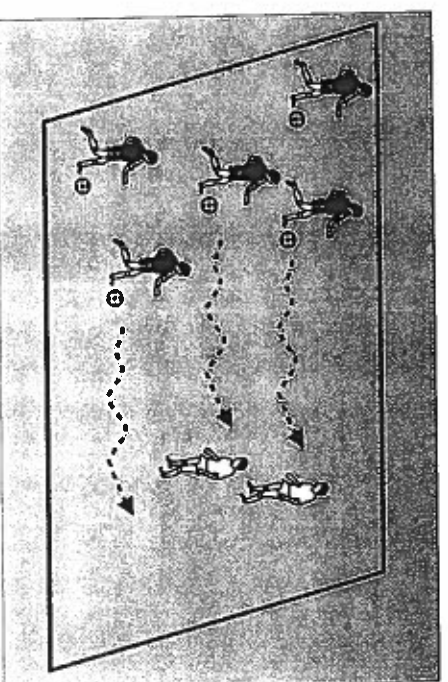
**Organization:**  
Using a 30 yard square, break the group into ten dribblers and two defenders. The ten dribblers are not allowed to stop dribbling and must move around the grid while the two defenders attempt to tag them. If they are tagged they must freeze and pick up their ball. They can only be unfrozen if a team mate passes a ball through their legs.

**Progression:**  
Dribblers may only use one foot to dribble.

All players now have a ball and dribble around the grid trying to tag other players, while maintaining control of the ball. A player freezes once they have been tagged and may not rejoin the game until all but one player is frozen. A tag does not count if the does not have possession of the ball.

**Coaching Points:**  
Get your head up and look around in between touches.  
Keep low to the ground when changing direction.  
Use rapid changes of direction and pace to avoid being tagged.

## Bull Dogs



**Organization:**  
Two defenders try and prevent the rest of the players from dribbling across the 20 x 30 yard grid. Once a defender tackles a dribbler they kick their ball out of the grid and the dribbler who lost the ball player becomes a defender.

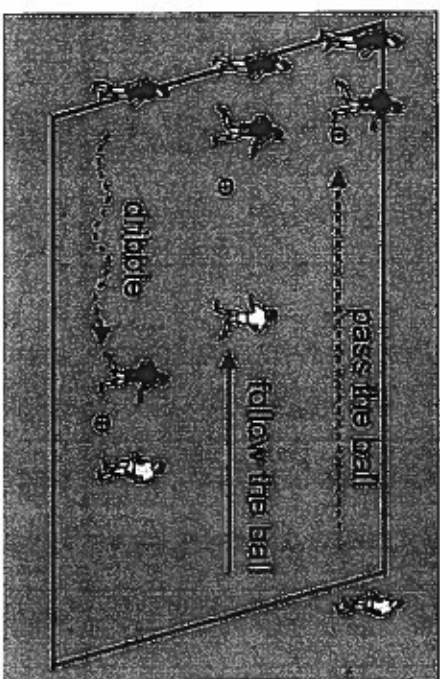
**Progression:**  
For lower level players the defenders must play as crabs, with both their hands and feet on the ground at all times.

Progress to allowing defenders to walk or hop and then to no restrictions.

Make the defenders dribble the ball back over the start line before they eliminate the player. The offensive players may keep challenging to prevent the defensive players from getting their ball over the start line.

**Coaching Points:**  
Chose when, where and how to dribble based upon the position of the defenders.  
Use a change of direction and change of speed to beat them.

## One V One Dribble



### **Organization:**

Players break up into groups of four and form two person lines across from each other using a 30 x 40 yard grid. The defender passes to the dribbler and follows across the grid to take up a defensive position in front of the dribbler. The dribbler moves forward, cutting the ball from side to side all the way across the grid. The defender moves backwards maintain a 2 yd gap between them and the dribbler and may not tackle.

### **Progression:**

At the halfway mark the defender commits their front foot, the dribbler cuts the ball across this foot and accelerates away.

Have the defender apply more pressure on opposite sides of the ball. The defender still may not tackle the dribbler.

The defenders are allowed to tackle in their half only. The defender shadows the dribbler without tackling until the halfway mark, once the line is crossed they may tackle.

### **Coaching Points:**

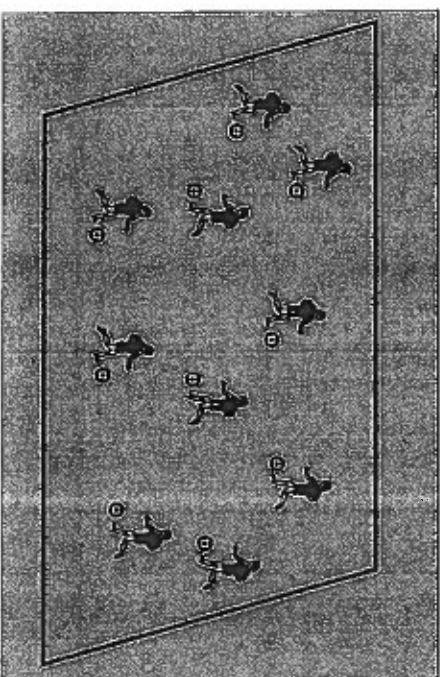
Use soft touches with the inside and outside of the leading foot.

Keep the ball close enough to touch at all times.

Keep looking up to check the defenders position.

Cut the ball directly across the defenders leading foot.

## Speed Moves



### **Organization:**

The players each have a ball and dribble throughout a 25 x 25 yard grid. The coach will call out a move i.e. scissors, inside hook, outside hook, double scissors etc. The players must complete as many of the moves as fast as possible within 20 seconds. Give 20 seconds of free dribbling to recover between moves.

### **Progression:**

The players must now complete the moves with their weaker foot.

The coach now calls out a combination of moves which the players must perform one after the other and then repeat.

The coach calls combinations using different feet.

### **Coaching Points:**

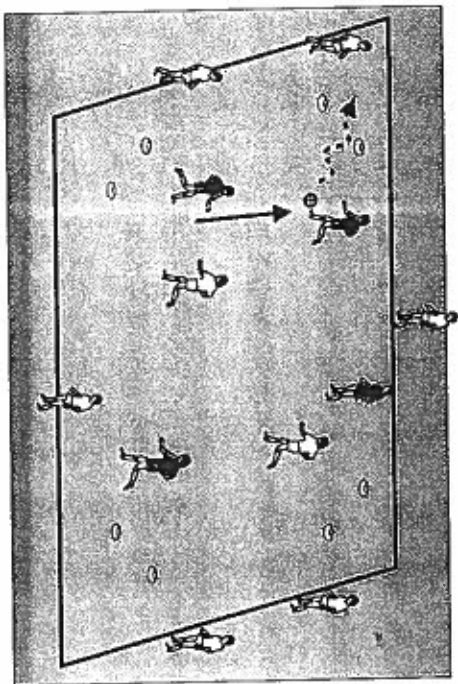
Bend you knees and keep your arms out for balance.

Keep your feet as low as possible when stepping over the ball.

Look up after each move or combination of moves.

Try to perform the moves without looking at the ball.

## Gate Dribble



**Organization:**  
Play 4 v 2 inside a 30 x 20 yard grid with six players spread out along the perimeter. The four offensive players score a goal by dribbling the ball through any of the four gates set up inside the grid. The two defenders must steal the ball and complete a pass to any of the perimeter players to score a point

**Progression:**  
Add two more players inside the grid and play 5 v 3.

Only allow a goal if the player completes a pass to a teammate after dribbling through a gate.

Finally, try playing the game with two equal teams - make sure that the space is large enough to allow plenty of room to dribble before players are challenged

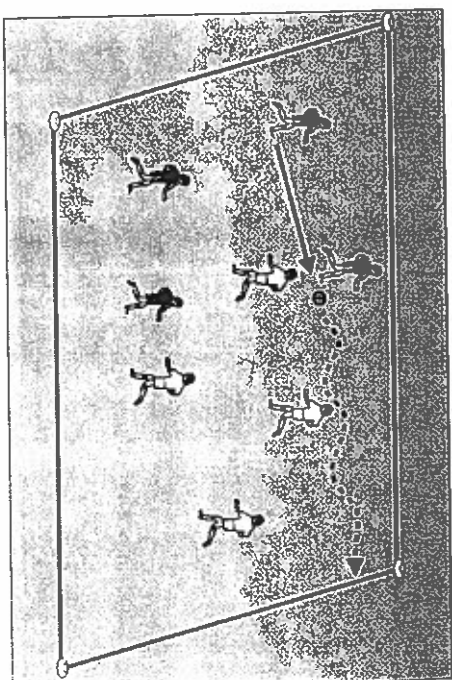
### **Coaching Points:**

Keep looking up when dribbling be aware of where your teammates are at all times.

Turn quickly away from gates protected by defenders.

As soon as you have scored through one gate accelerate away towards the next target.

## Four v Four to End Line



**Organization:**  
Divide the group into three teams in a 30 x 40 yard grid. Two teams compete against each other in a small sided game, a goal is scored when a player dribbles across the end line. The ball must be under control when the player crosses the line. Each time a team scores they change ends, and the next team comes on in place of the defeated team.

**Progression:**  
Players must attempt to use a fake or move to beat their defender in the attacking half of the field.

Divide the players into two equal teams and repeat the game. There will now be less space and less time on the ball.

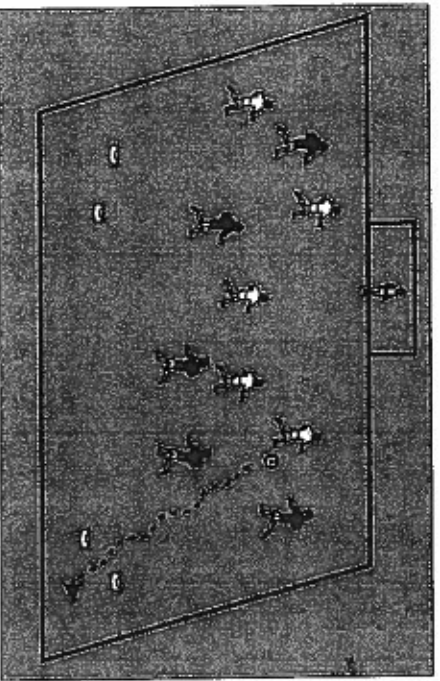
### **Coaching Points:**

Have a positive attitude when you dribble at an opponent.

Attack the space behind the defender, not the space immediately to their side.

Watch the movement of the defender's feet - if they make a move towards the ball, dribble past them.

## Counter Attack Game



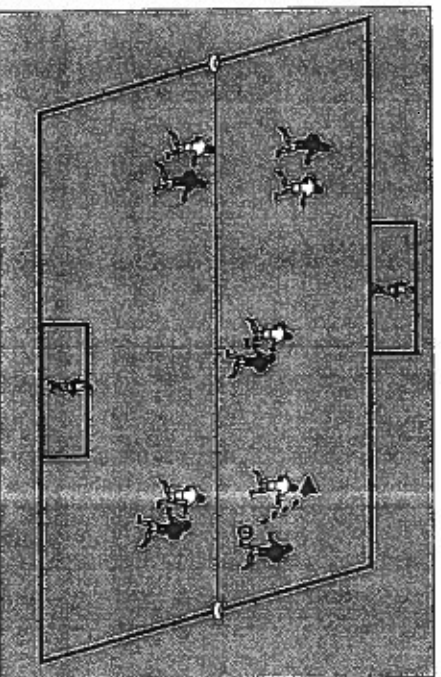
**Organization:**  
Divide the group into two teams and play in one half of a field, one team attacking the main goal and one attacking two small goals set up 10 yards inside the half way line. The team defending the main goal must dribble the ball through either of the two small goals to score a point. Change ends after 2 minutes.

**Progression:**  
The team scores an additional point if a player can beat an opponent with a scissors move.

Once one of the players has dribbled through either of the small goals, their team immediately changes directions and now attacks the main goal.

**Coaching Points:**  
Always be looking to create a shooting opportunity while you are dribbling towards the main goal.  
Look to take advantage of players being out of position following a turnover of possession.  
As soon as you have dribbled through a small goal, look up and accelerate into space.

## Man to Man offense



**Organization:**  
Set up two full size goals on either end of a half field playing area. Clearly mark the half way line. Two equal teams compete with each player being paired up "man to man" with a member of the opposing team. When a player receives a pass or wins possession in their offensive half they must immediately attack the goal and attempt to take on their "man to man" marker. If they beat their marker their team can then play without restriction until the ball is cleared in to the other half of the field.

**Progression:**  
Play as normal - remove the "man to man" defense and the dribbling restriction, however encourage players who are in space or are faced by one opponent to dribble.

Assign one player on each team who must dribble every time they receive the ball. Change this player every two minutes.

**Coaching Points:**  
Attack the space behind a defender.  
Do not dribble without a specific target in mind.  
Dribble at speed against stationary or back peddling defenders.  
Use a fake or move when you are dribbling from a standing start.