

Ball manipulation (15min)

Organization

Set up

Set up 20 x 20 yard grid.

Detail

Players have a ball each and dribble inside grid.

At coaches command players perform different moves and feints (scissors, step overs, cruyff)

Competencies

Work on 1v1 moves.

Beat players at speed.



SSG dribbling to corners (15 min)

Organization

Field Set up

20x20

Detail

Teams try and dribble to any one of the 4 corners for a goal.

Progression

Have teams try and score on certain corners.

Competencies

Good speed when dribbling.

Good ball control when dribbling.

Keep head up

Use different feint and moves when beating players.



SSG Dribbling game (15min)

Organization

Set up

25 x 25 yard grid with 5 yard end zone in each grid.

2 teams

Detail

Players play 3v3 or 4v4 and try to score by dribbling and stopping the ball in the end zone.

Players can only mark their check .

Competencies

Look to take players on 1v1.

Good movement off the ball.

Dribble at speed when beating an opponent.

