

U-10 Dribbling Introduction

Pre Practice – Triangle Passes - Just what it sounds like, as the kids arrive have them establish groups of 3 and pass the ball around. Try to get them in the proper position and stop the ball with the inside of their foot rather than the sole. Last week we started introducing the crossover one touch, the ball is touched with the inside one foot and crossed across the body and the other foot passes the ball.

Stretching Activity - Raceway – Blob Tag. / Timed Gate Dribbling - Lay out 10-12 color coded gates 3 ft apart and count the number of times through the gates in 30 seconds.

1. No restrictions
2. Right foot
3. Left foot
4. Visual Clues Only – Hold up corresponding cone color.

Objective - Get the kids heart rate up fast while doing something practice related.

Coaching Points – Keep ball close, head up and use different parts of the foot.

Activity #1 – Hot Pursuit – Dribbling with pressure – Make 3-4 squares (depending on # of kids). 3 kids per square one ball. Each square will have a speedster (kid with ball) and a police car (kid without ball) and one car (kid without ball sitting inside square) in the pits resting (optional if you don't have enough kids). Activity is started with the speedster at one cone and the chase car diagonally opposite. Coach will start the activity on command the chase car will run after the speedster until he catches them, by tagging them, the speedster gets 1 point for every cone passed before he is caught. Each player gets 3 turns and totals up his points. Coach changes direction after each game. I would demo this with one of the players first so everyone understands.

1. Counter Clockwise
2. Clockwise

Coaching Points – Keep ball close, head up and use different parts of the foot.

Activity #2- Take Away – Dribbling with Pressure – Divide kids into groups of 2, each group has 1 ball. All kids start on one long side of the gym one with and one without the ball, spread players out across end line. On coaches command the player with the ball tries to dribble to the opposite end line and stop the ball on the line to score 1 point. Meanwhile the other player tries to run around the ball carrier and take the ball away and return the ball to the original end line to score a point. Have players rotate positions and rotate between groups first kid to some number of scores wins. (Also may want to delay the defender to give the dribbler a head start)

5. No restrictions
6. Stop on line with right foot
7. Stop on line with left foot
8. Dribble with only outside of foot

Coaching Points – Keep ball close, head up and use different parts of the foot. Try to make sure the kids dribble the ball and don't speed dribble (i.e. kick and chase), if that happens tell the kids they have to dribble the ball 5 times before stopping on line.

Scrimmage – Play 4 v 4 no goalies rotate kids in. Minimum of three touches to reinforce dribbling. Only one exception is allowed any defender can cross over midline if they are dribbling, once they pass or shot they have to return to defense by running backwards back to position.