

Dribbling (warm-up)



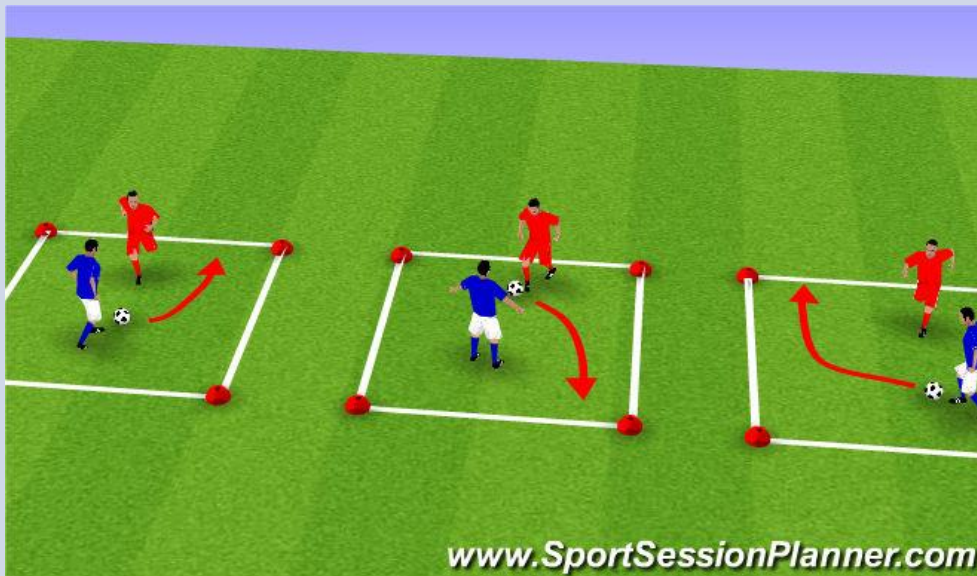
RULES

- All players with a ball
- Dribble inside area performing soccer moves and turns
- Coach can show new moves

POINTS

- Dribble into spaces
- Look up to find space
- Lots of touches on the ball

1v1



RULES

- 1v1 to end lines
- Players must stop ball on the line to score

POINTS

- Keep ball close
- Use moves to beat defender
- Change speed and direction
- Look for space around the defender

4v4 to end lines



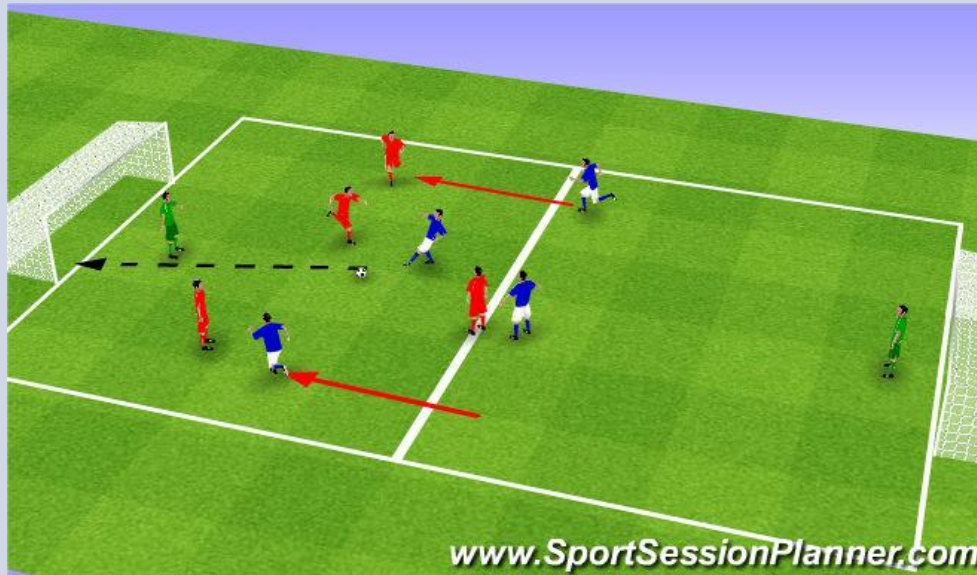
RULES

- 2 teams with no Goalkeepers
- Player try and score by dribbling ball over end line
- Players can not pass forward only backwards
- To go forwards players must dribble

POINTS

- Encourage players to take people on
- Dribble into spaces
- Keep ball close
- If no space, shield ball and play backwards

5v5 GAME



RULES

- 5v5 with goalkeepers

POINTS

- Encourage players dribbling into space
- Exploit spaces or pull defenders out of position
- When forward area is blocked use team mates
- Take first touch into space going forward