



Fast Footwork

Category: Technical: Ball Control
Difficulty: Moderate

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Description

IAS Session: 1/9/18

Warmup

Warmup - Free Dribble Exercise

Activity to improve dribbling ability.

Organization:

- See Diagram.
- Set up cones randomly around field,
- Every player with a ball.

How to Play:

- Players dribble freely within the grid.
- Perform different dribbling patterns and skills thru the cones.

Progressions:

- Dribble at speed when in open space.
- Add defenders.

Coaching Notes:

- Keep ball under control. Use both feet. Head up.



Skill Development

Dribbling Relays

Fun way to improve dribbling skills.

Organization:

- See Diagram.

How to Play:

- Relay races thru the cones.

Progressions:

- With ball. Without ball.
- Different dribbling patterns and skills thru the cones.



Final Game

Four Team Dribble

Small-Sided Game that encourages dribbling and shooting.

Organization:

- See Diagram.
- Teams play to designated goal.
- Team 1 v Team 2. Team 3 v Team 4.
- Each team has a GK.

How to Play:

- 3v3 + GK. Adapt to numbers.
- Once a player dribbles beyond cones, no defending.

Coaching Notes:

- Encourage dribbling and taking on defenders.
- Requires controlling ball in tight spaces.

