



## Description

Methodology: Step-by-Step Guide

### Dribbling Unopposed



#### No Pressure Dribbling Activities

There are a variety of activities to introduce fundamental dribbling.

No defenders allow players to be comfortable with the ball.

#### Simon Says

Basic activity with simple rules that most children are familiar with.

Organization:

- See Diagram. Every player with a ball.

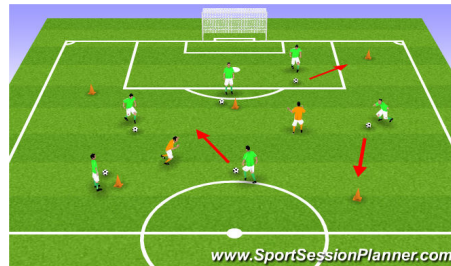
How to Play:

- "Simon Says" Perform skills on coach's signal.

Coaching Notes:

- Control the ball. Use both feet and all surfaces.

### Dribbling with Pressure



#### Dribbling Activities with Pressure / Defenders

Games that include defenders (use creative names).

#### Sharks & Fishies

Imaginative activity. Playing soccer in an "ocean."

Organization:

- See Diagram.

- Fishies all have balls. Sharks are defenders.

- Set up 5 cones randomly.

How to Play:

- Fishies dribble freely around the field / ocean.

- Sharks try to steal ball from fishy.

- If shark steals ball, fishy tries to steal it back right away.

- If shark dribbles to cone, that fishy turns into shark.

Coaching Notes:

- Dribble away from pressure.

### 1v0 to Goal



#### Going to Goal Unopposed

Activity that allows players to dribble to goal by themselves.

Organization:

- See Diagram.

- All players with balls.

How to Play:

- On coach's signal, player dribbles to goal and shoots.

Coaching Notes:

- Dribble straight to goal.

- Face target (the goal) when shooting.

### 1v1 Ability



#### Confidence & Ability to Take on Defender

Most important skill in soccer!

Important to learn at a young age.

Organization:

- See Diagram.

- 2 goals to encourage transitional play.

- Another option: 1v1 Gates. Everyone needs a partner. Gives multiple ways to score in a continuous activity. Allows players to use different skills.

Coaching Notes:

- Be confident to take on defender.

- Dribble away from pressure.

### 2v0 with Teammate



#### Going to Goal Unopposed with Teammate

Activity that encourages teamwork!

Organization:

- See Diagram.

- Partners

How to Play:

- 2 players go to goal together.

- Player with ball has option of dribbling or passing.

- Objective is to score a goal.

Coaching Notes:

- Keep control of ball.

- Move forward together.

### Team Game 4v4



#### The Game!

All players, regardless of age, love playing scrimmages or a real game.

4v4 teaches simple tactics and has all players involved at all times.