

WARM-UP GAME: **SPEED DRIBBLE**



SETUP: Groups of 3 – 1 ball per group. Cones as pictured – short sequence and then a far cone away

DRILL INSTRUCTIONS: First player in line control-dribbles through the tight cones, then speed dribbles around the far cone and all the way back to the starting line. When the player arrives back at the line, the next player goes. After practice you can make this a relay race (cheering encouraged). Once the player goes, they should sit down at the back of the line, the first team with all 3 players sitting is the winner.

PROGRESSION: 1) Use weak foot only

COACHING POINTS: When speed dribbling it's essential the attacker dribbles with the outside of their laces. This surface provides the most control when going very fast. The dribbler turns their toes inward and locks their ankle downward

SKILL TRAINING ACTIVITY: **RIGHT-LEFT-SWITCH RACE**



SETUP: Two teams, each in their own 4x4 yard grid. 2 tall cones as pictured between the two grids. Every player with a ball

DRILL INSTRUCTIONS: On the coaches command, the two teams race by speed dribbling to get to the other team's square first. The coach has three commands: Switch, Right, or Left. Switch = go straight across thru the middle to change squares, Right = go around the cone to your right before changing squares, Left = go around the cone to the left before changing squares

COACHING POINTS: Make sure the kids understand where they are supposed to go – tell them the direction, have them point where they are supposed to go (make sure it is right), and then say GO! Under control, but fast!

FUNCTIONAL GAME: **STEAL THE BACON**



SETUP: Two Teams. Balls w/ Coach. Two coned goals 10-15 yards apart. Each team is in a line next to the coach

DRILL INSTRUCTIONS: First player in each line on the coaches command sprints through their goal and into the field. The coach passes a ball to one of the two players, and they go 1v1 against each other. Round is over when a player dribbles thru a set of cones. **PROGRESSION:1.** Players can dribble thru either set of cones (can use the pull turn to change directions) **2.** Players can only dribble thru their opponent's set of cones **3.** Coach can call 2 or even 3 players to play from each team, making it a 2v2 or 3v3. If the game is lasting too long or the ball goes out of bounds, then the round is also over.

COACHING POINTS: Set up the defender to believe you are going to continue on in one direction, and use the pull turn to escape their pressure. Don't do the pull turn with the defender behind you – encourage the players to learn on their own how to set up the direction change move.

