

Dribbling Commands

How the activity works:

Players dribble inside of the designated area following the coach's skill and movement commands.

Purpose:

Warm up activity that uses lots of touches and dribbling to raise the heart rates and body temperatures of players. Players develop their dribbling skills as they work into the training session. Small breaks can be taken during the duration of this activity to perform dynamic stretches.

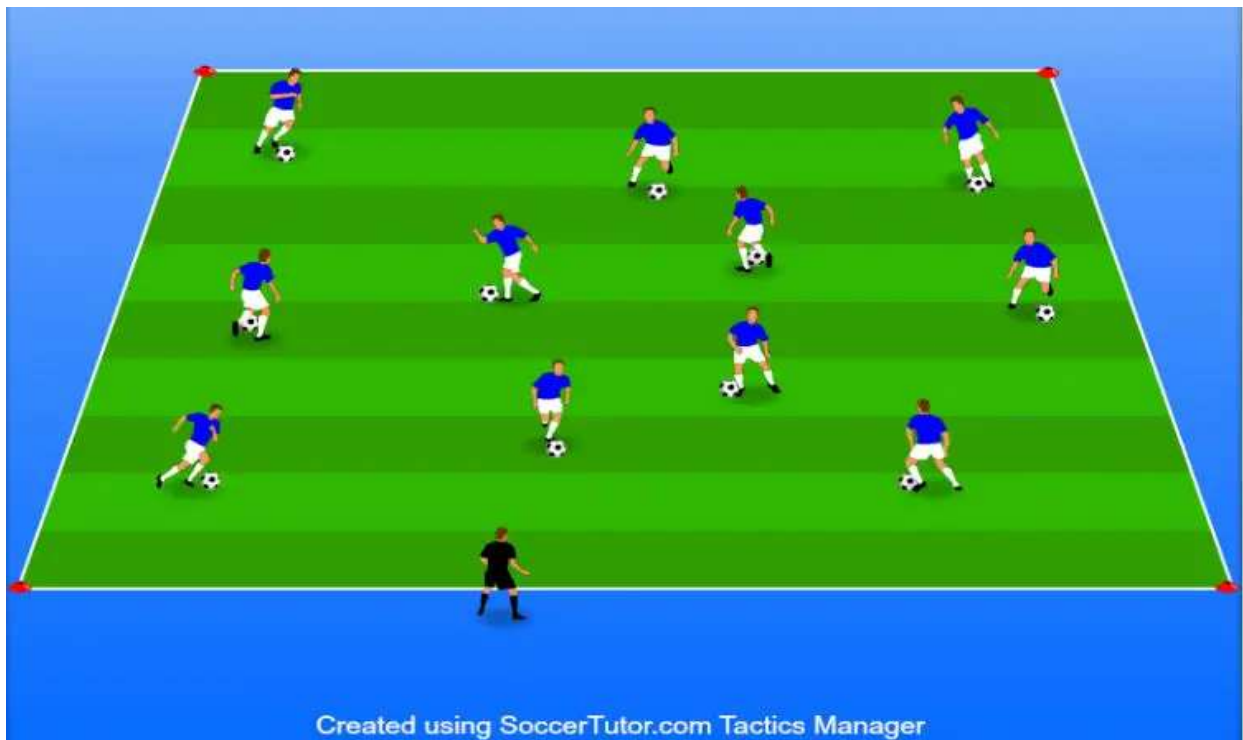
Setup:

Mark a square-shaped grid 20-25 yards wide, depending on the number of players in the group. Increase the size of the area to avoid collisions when many players are present.

All players start inside the square with a soccer ball.

Decide on a time limit for the activity. 8-12 minutes is the goal.

Instructions:



Dribbling Commands -

On the coach's signal, the players start dribbling inside of the square. Players can dribble freely until they hear a set of rules or a certain command.

The coach can call out various commands that players must follow while dribbling inside the grid. Various commands are listed below:

- Freeze! (Players immediately stop where they are.)
- Dribble faster.
- Dribble slower.
- Outside of the feet only.
- Inside of the feet only.
- Strong foot only.
- Weak foot only.
- Turn. (Turn 180 degrees the opposite way the players are dribbling.)
- Specific dribble move. (Scissors, lunge, in-out, etc.)
- Cut. (Inside, outside, or bottom of the foot cuts.)
- Switch! (Players leave their soccer ball and quickly start dribbling someone else's soccer ball.)
- Juggle. (Players stop dribbling and begin juggling.)
- Be creative! Come up with more challenging commands, or funny commands to keep the players interested.

Take small breaks during the activity for dynamic stretching if they players need to. At the end of the activity make sure players stretch one last time before getting a drink of water and moving onto the next activity.

Variations:

Grid size – Depending on the players' skill, decrease the size of the grid to make players avoid each other and dribble with their heads up.

Coaching Points:

Pay attention to the space and increase the size if players are unsafely running into each other.

Start slow, but make sure to increase the tempo of the activity as time progresses.

Stress that players dribble with their eyes up to avoid unnecessary collisions and to build good game-like habits.

Encourage the players to try their best with each command. Some commands might be difficult for some players, but motivate them to work on the instructions given.

Challenge the players to keep the ball close and perform the coach's commands as quickly as possible.