



## **North Star F.C.**

### **Recreational Coaches Training Program** **for Dribbling sessions**

We are developing several booklets based on important themes we teach in the Recreational Program.

These are the themes we will focus on though this list is not

These are several training themes shown below which we encourage you to work on with your players.

These are to supplement your weekly plans, slightly more advanced ideas if you feel the players are ready to work on them.

- 1. Dribbling theme (22 Sessions)**
- 2. Passing, Control and Movement theme (20 Sessions)**
- 3. Shooting and Finishing theme (18 Sessions)**
- 4. Receiving and Turning theme (8 Sessions)**
- 5. Running with the ball theme (4 Sessions)**
- 6. Awareness Training (Scanning) theme (14 Sessions)**
- 7. Combination Movements theme (4 Sessions)**
- 8. Possession based Circle Training theme (3 Sessions)**
- 9. Defending theme (10 Sessions)**
- 10. Goalkeeper Training (3 Sessions)**

## Start with some warm-up ideas

### Warmups

#### Fast footwork, co-ordination and speed training

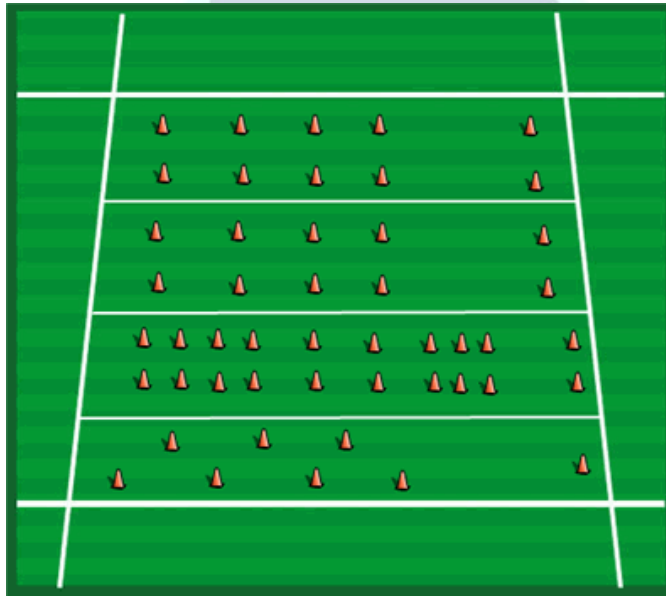
All training is specific to match play. Our work is based upon developing a balance between ball handling and functional running and sprinting in combination with jumping, stopping, and turning.

Quick feet, light feet, changing stride length exercises will be particularly important.

Repetition of the exercises is important throughout the season on a weekly basis to develop good and correct habits regarding co-ordination, comfort in running, awareness of the efficient use of arms and legs in running and the synchronization of limbs.

We are intending to develop a 6th sense in teaching the players to use the right techniques at the right times.

Quick feet, knees up: Forward and backward running. Concentrate on footwork and leg rhythm (Cones a half meter apart with a 5-meter sprint at the end). Players are racing in twos.



Side to side: Checking side to side between cones with fast feet then a sprint, practice forwards and backwards (defending movement).

High Frequency: long and short strides changing the stride length, adjusting the feet. Stepping between the cones.

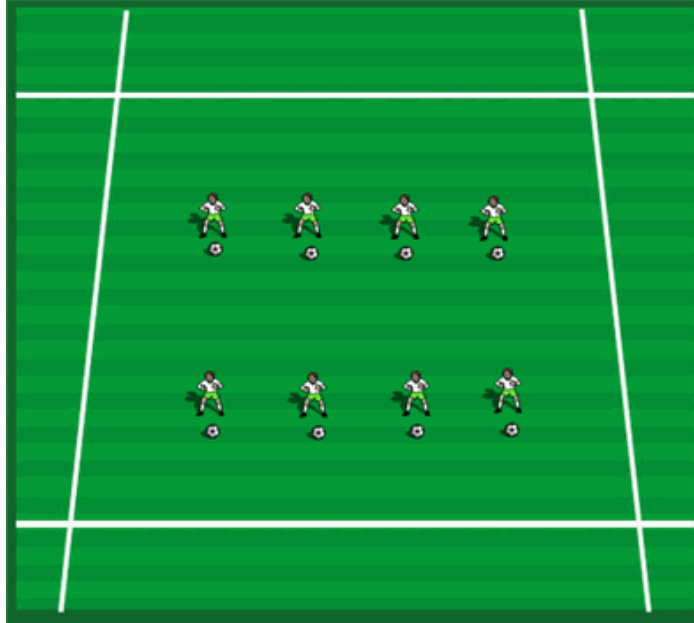
Checking and Dummying: Bouncing side to side in one movement, with feet wider apart, as fast as possible, throwing a dummy with the upper body, good for the dribbling movement dropping the shoulder one side and moving to the other side.

## An introduction to improving touch on the ball.

### Ball familiarity

#### 1. Using different techniques to control the ball.

a) Simple juggling of the ball to improve foot control, how many times can they keep it up with BOTH feet? Make it a competition between the players.



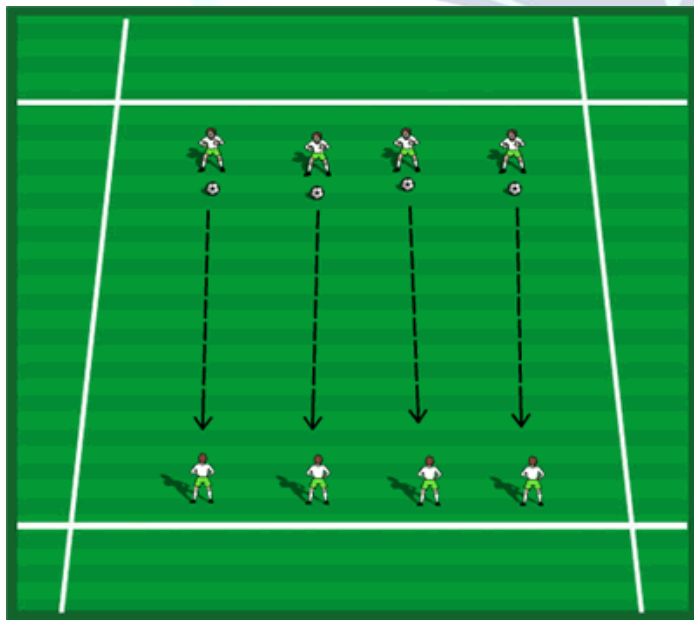
b) Using the inside and the outside of the feet and moving side to side.

Move the ball with the inside of the foot then the outside to bring it back but with the same foot. Use a cutting motion.

c) Inside and outside of the foot, roll the ball to the outside (on top of the ball contact), cut it back with the inside and roll the ball to the inside and cut it back with the outside of the foot.

2. Moving a yard or so either side, back and forth maintaining control of the ball, this is great for acquiring a good touch on the ball and improving co-ordination.

3. Remind them to keep their head up not just looking at the ball all the time, even asking them to look around the area when they are doing this, or the coach can hold up so many fingers and they must call the number out as they work.



1, Simple passing in two's back and forth, first two touches, then one touch where possible. The coach can dictate the distance between them.

2. Ask the players to look to "each other's eyes" as they pass and NOT at the ball to see if they can keep possession between them.

3. This will be difficult at first, but it helps to teach them to look up and not down at the ball during games and hence helping their "Awareness" development as players.

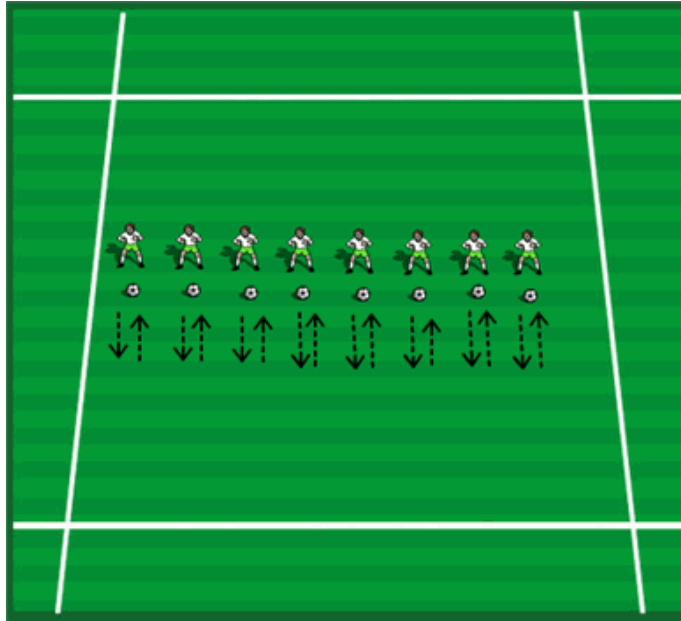
4. They should be able to see their ball in the "peripheral vision".

5. Using both feet to pass the ball.

6. Competitive: Count how many

passes they can get in between them during a given time.

## Shadow dribbling



1. Practicing for example the Messi shadow dribble. The balls are static, and players address the ball and do the dribble without touching the ball.

2. This is a great introduction to the skill to gain success easily.

3. Players jog around and do the specified shadow dribbling skill at each ball.

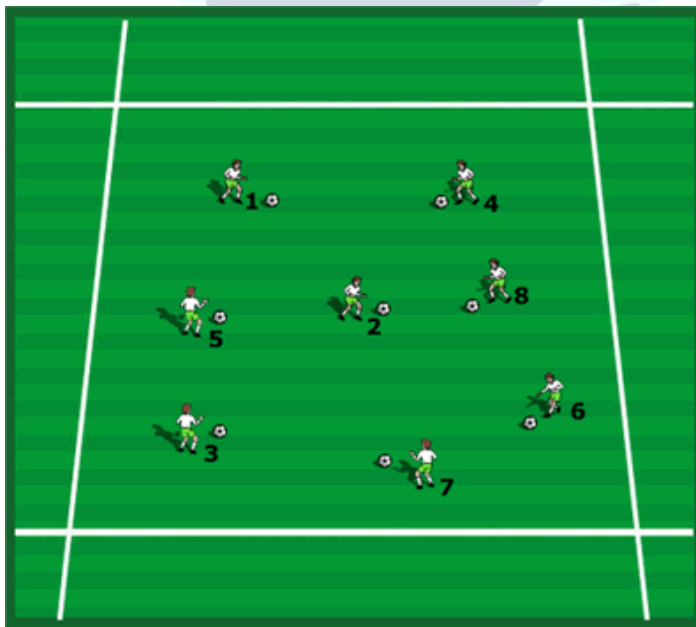
4. They get a lot of opportunities to practice the skill in a very relaxed noncompetitive environment.

Do each of the specified dribbles this way.

We want to educate and teach our players to be excellent at several dribbles.

5. Dribbling Moves to work on here are:

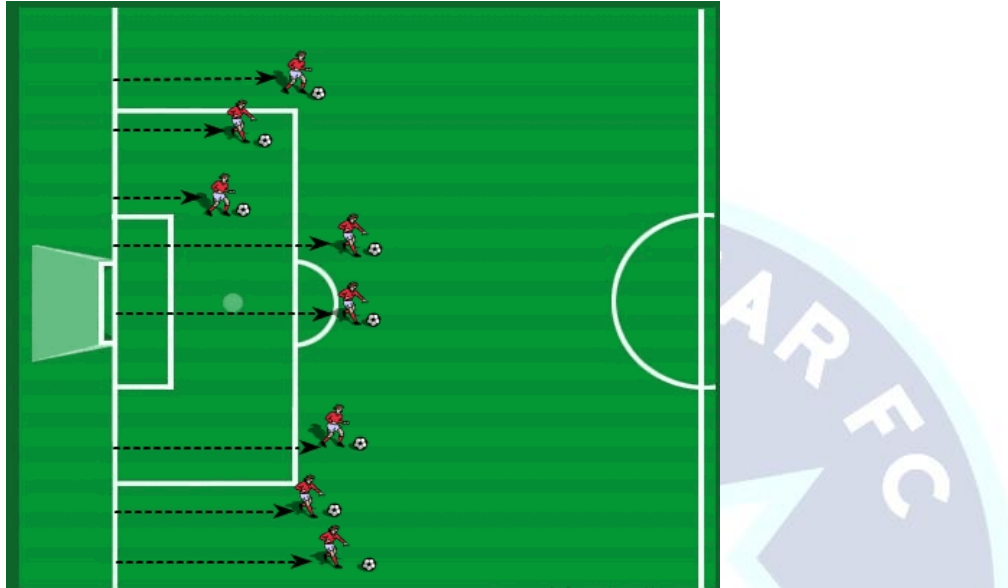
- a) The Messi.
  - b) The Rivelino (Stepover).
  - c) The Scissors
- These are enough to begin with



# Dribbling Ideas to teach

## Various fun and educational dribbling games

### SESSION 1: RED LIGHT – GREEN LIGHT



#### **Dribbling, ball control**

All players stand on the end line with a ball facing the midfield line which is roughly 50 yards away.

1. When the coach yells “green light” the players dribble forward at full speed while maintaining control of the ball.
2. On the coach’s command, “red light,” the players must stop the ball immediately with the bottom of their foot.
3. Any player who fails to do so must start at the end line.
4. The first player to stop the ball on the midfield line wins the game.

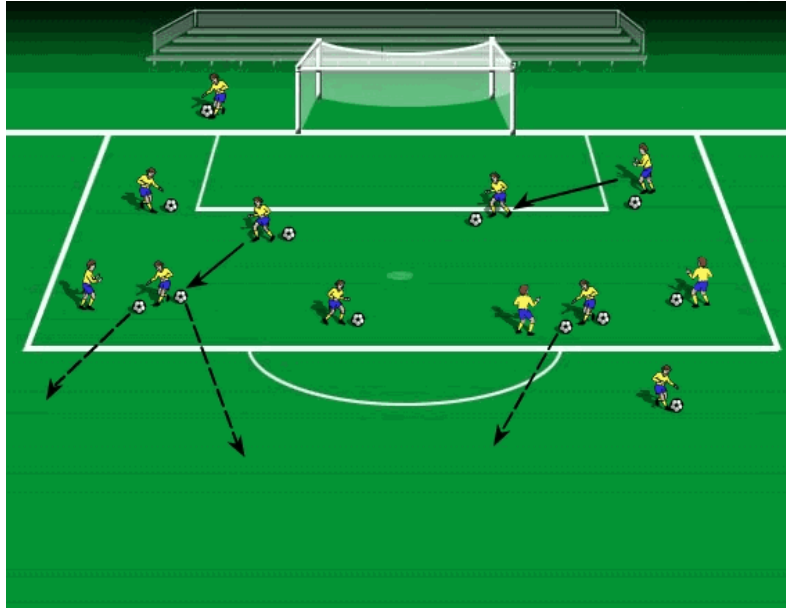
#### Progression:

**Red light** player must quickly turn back and stop the ball.  
Players must only use the left foot only....

#### Coaching Points:

Maintain body control.  
Touch the ball every other stride.

## **SESSION 2: KNOCKOUT**



### **Dribbling**

Use the center circle or the penalty box. Place all your players in the circle with a ball each.

1. The players dribble around the center circle trying to kick another player's ball out of the circle while maintaining possession of their own ball.
2. If the ball is kicked out, that player must perform quick footwork with the ball before reentering the game.

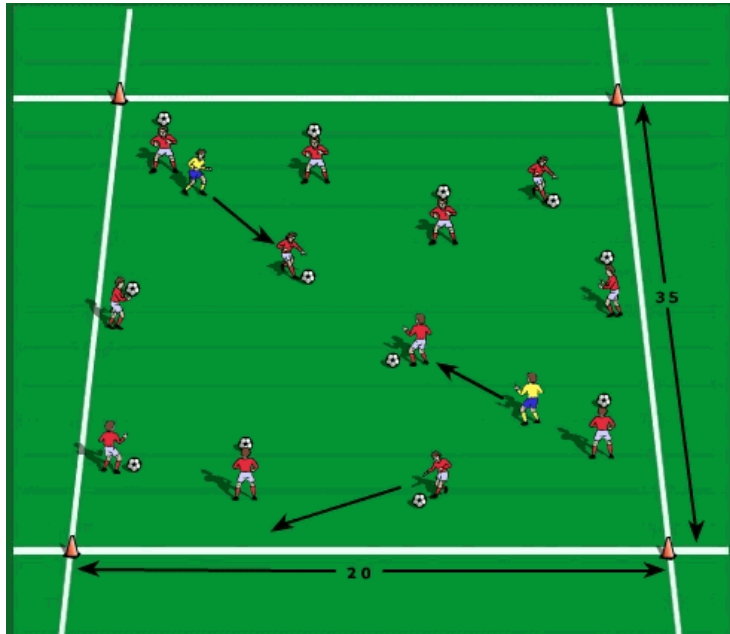
### **Progression:**

Reduce the size to "half" the center circle when the players remaining gets down to five. Players must juggle 20 times before re-entering the circle. If a player stops moving, they are automatically eliminated from the circle.

### **Coaching Points:**

Use your body to shield the ball.  
Keep your head up and dribble away from pressure.

### **SESSION 3: STATUE TAG**



#### **Dribbling**

Twelve players, each with a ball, try and avoid two defenders in a 20x35 yard grid.

1. One of the twelve players is tagged by a defender or if their ball is forced out of the grid, they become a statue.
2. They hold the ball over their head keeping their legs spread apart.
3. The statue may join back in if another attacker dribbles their ball through the statue's legs.
4. Play for 2 minutes and change the roles of the players.

#### **Progression:**

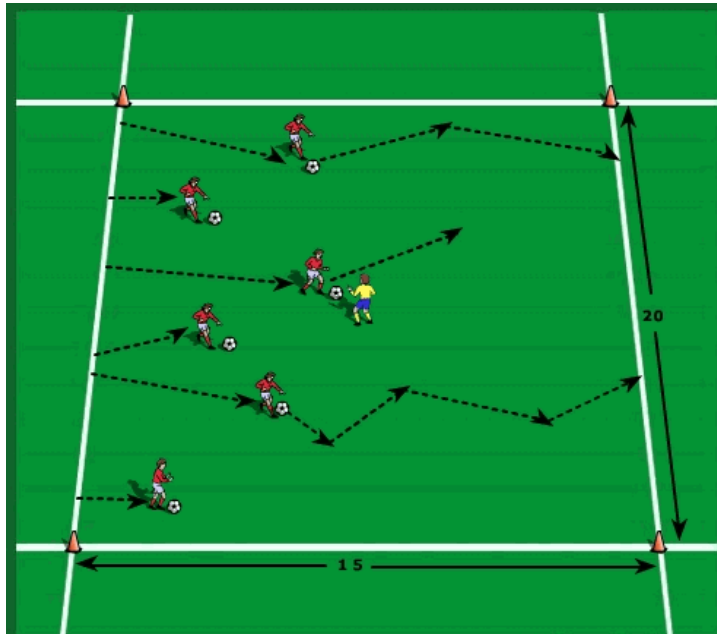
The statue must do 10 push-ups and then hold the ball above their head. Increase the amount of time working.

#### **Coaching Points:**

Keep your head up at all times.  
Dribble away from defenders.



## **SESSION 4: THE DRIBBLING GAUNTLET**



### **Speed dribble and cut the ball.**

Make a 20x15 yard grid. One defender, without a ball, stands inside that grid. The rest of your team stands on the longer end line with a ball.

1. Upon the coach's shout, the attacking players dribble at speed to the other side line. If the defender kicks the ball out of the grid, that attacker now becomes an additional defender without a ball.
2. The last player to make it through the gauntlet wins the game.

### **Progression:**

The defender must start 5-10 yards back from the line.  
Must only dribble with the left foot, right foot....

### **Coaching Points:**

Keep your head up at all times.  
Dribble away from pressure.



## **SESSION 5: MULTI GOAL DRIBBLING**



### **Dribbling and defending**

Create a 20x20 yard grid and randomly place four, six-foot-wide goals made by cones or flags. Divide your players into pairs, each with a ball. Have plenty of extra balls on the perimeter of the grid.

1. One of the players starts as the attacker and the other is the defender.
2. All pairs are working at the same time, and the attacker is trying to dribble through as many of the gates as possible while maintaining possession. If the defender wins the ball, the ball is returned to the attacker.
3. After 1 minute, switch the roles of the players and play for another minute.
4. The player that goes through the most gates wins.

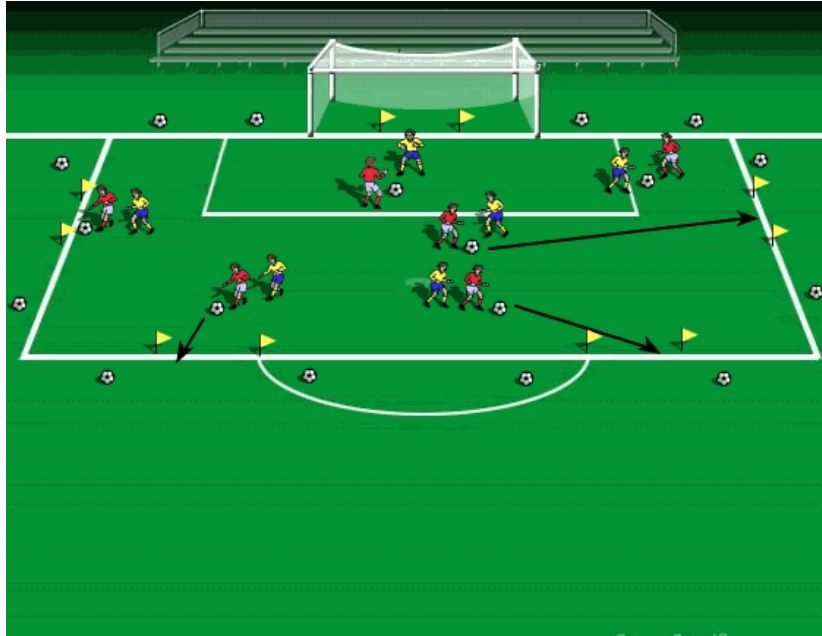
### **Progression:**

Must find a new gate each time.  
On a turnover, switch roles.

### **Coaching Points:**

Score early and break the opponent's mentality.  
Force the opponent away from the gates. Use fakes and shoot fakes to get the defender off balance.

## **SESSION 6: PENALTY BOX GOAL GAME**



### **Dribbling and defending**

Place five, six-foot-wide goals evenly around the outside of the penalty box, using cones or flags.

1. Divide your team into pairs and place everybody inside the penalty box.
2. All pairs are working simultaneously.
3. The attacker tries to dribble towards one of the five goals and stop the ball within 1 yard on either side of the goal.
4. The defender tries to prevent penetration. If the ball is won, it is given back to the attacker.
5. Work for 1 minute and then switch roles.

### **Progression:**

Must find a new gate each time.  
On a turnover, switch roles.

### **Coaching Points:**

Get the defender off balance.  
Change the point of attack.

## **SESSION 7: INSIDE OUT PENALTY BOX GAME**



### **Speed dribbling and defending.**

Place five, six-foot-wide goals evenly around the outside of the penalty box, using cones or flags. Place plenty of extra balls around the perimeter of the box

1. Simultaneously games of 1v1 occur for 1 minute at a time.
2. Split your team into pairs. One player starts with the ball on the outside of the penalty box.
3. The other player is the defender, and they start in the middle of the box.
4. The attacker can enter the box at any time but may only score by exiting through a gate while maintaining possession of the ball. If the ball is won, it is given back to the attacker.

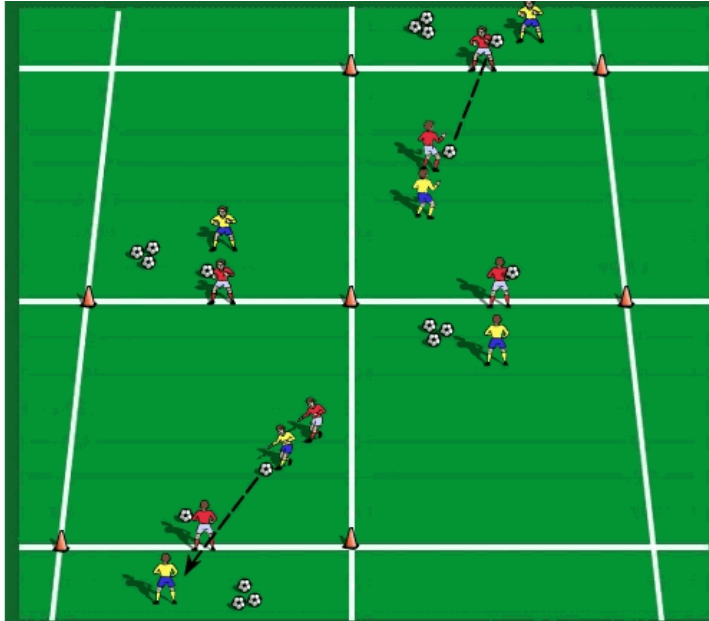
### **Progression:**

Must find a new gate each time.  
On a turnover, switch roles.

### **Coaching Points:**

Dribble at speed but keep the ball under control.  
Dribble straight at the defender and invite them to commit one way.

## **SESSION 8: SCORE BETWEEN THE LEGS**



### **Taking people on and defending**

Make a 20x15 yard grid. Two players are going 1v1 inside that grid. On both sides of the grid are two goals scored by a player standing with their legs wide open and with an extra ball in their hands. A chaser is positioned behind each goal.

1. The active players can score by shooting or passing the ball between the opponent's legs. A chaser stands behind every goal.
2. The player who is acting as the goal, drops the ball for his teammate. Play for 1 minute and then change the roles.
3. The chasers become the goal, the goal becomes active, and the active players become the chasers.

### **Progression:**

Make it 2v2.

Add neutral players that can move up and down the sidelines.

### **Coaching Points:**

Take the opponent on and make them commit one way.  
Look to combine with the neutral players.

## **SESSION 9: DRIBBLING, TURNING AND PASSING EXERCISES**

**Activity #1:** Players are organized into pairs, with each pair having one ball, as illustrated in Diagram (a) below. The coach is positioned in the center of the grid as shown.



**Diagram (a)**

1. Players must bring their ball to the coach.
2. The coach must kick or throw the ball anywhere inside the grid.
3. The coach must call out the method the players must use to bring the ball back to the coach (ex) perform 5 toe touches each before bringing it back, two Cruyff turns each before bringing it back etc.
4. The coach continues to throw the balls around the grid for the designated period.

### **Progression:**

The coach should create an entertaining and fun environment for the players by calling out creative ways to bring the ball back (ex) ball between foreheads etc.

### **Coaching Points:**

**Fun!**

Players must utilize the time available to become comfortable with the ball in various situations.

### Activity #2 Partner Tag:

Players are arranged in pairs with one ball as shown in Diagram (b) below. Two players are designated “it” and must hold a vest between them during the activity.

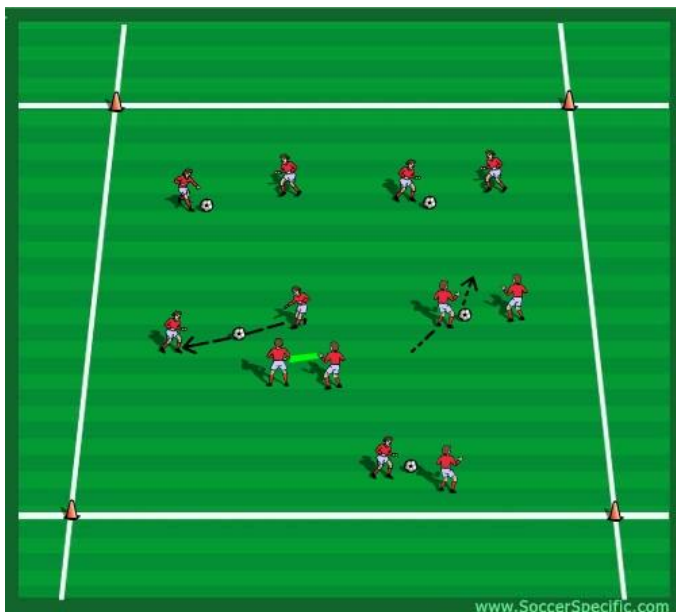


Diagram (b)

1. The “it” must attempt to tag any player in possession of a ball.
2. Players must move around the playing area dribbling and passing their ball to their partner.
3. Players that are tagged become “its”. Play is continuous for a designated period.
4. Switch the “it” after each round of play.

### Coaching Points:

Keep the ball moving – dribble with your eyes up to scan the playing area. Encourage passing to avoid “it”.

Field vision – always scan the playing area.

Correct dribbling and passing mechanics.

## **SESSION 10: BALL CONTROL AND DRIBBLING SKILLS**



### **Ball control and motor skills**

Use the penalty box or the center circle. Grid size depends on the number of players. Each player has a ball.

1. The players must follow the instruction of the coach.
2. For example, if the coach shouts “touch the ball quickly side to side”, then the players must do so. Complete 10 commands successfully and then stretch for a minute. Repeat using different commands.

### **Progression:**

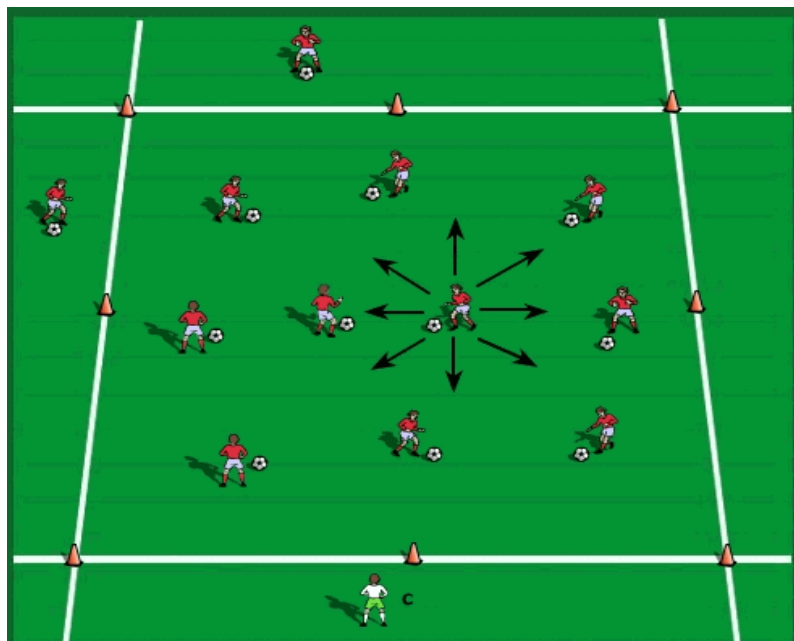
1. Tap the top of the ball with the bottoms of your feet, alternating feet each time.
2. Jump over the ball.
3. Hop around the ball.
4. Skip around the ball.
5. Toss the ball up, hit it with your head, and catch it.
6. Use the bottom of your foot and move it in a circle.
7. Kick the ball in the air, turn, and catch it.

### **Coaching Points:**

Get the touches right.  
Don't run into anyone.



## **SESSION 11: HEAD UP OBSERVATION**



### **Dribbling, ball control**

Set up a 15x20 yard grid (racetrack). Place all your players in the grid with a ball.

1. The players must not crash into the cones (rails). If the players (collide) with each other or the cones (rails), they must go outside the grid and do fast footwork with the ball.
2. For example, toe touches on the ball, quick passes side to side, or quick turns with the left and right foot.
3. The players (cars) must obey the coaches (race director) shout. “Shift gears”-change directions, “red flag”-stop the ball, “blue flag”-stop the ball with the knee, “yellow flag”-dribble slower, and “green flag”-accelerate to top speed.

### **Progression:**

Make the grid smaller and more congested. Players must only use the left foot only....

### **Coaching Points:**

Keep the ball close to your body.

Concentrate on change of direction away from pressure (other cars).

## **SESSION 12: CHANGE OF PACE**



### **Dribbling**

30 x 30-yard grid.

12-18 players start with a ball each inside the grid.

1. Each side of the grid is allocated a number – 1, 2, 3 or 4.
2. The coach will shout commands that all players must follow.
3. If coach shouts “1” all players must dribble to that side of the grid, if coach shouts “3” all players must dribble to that side of grid and so forth.
4. Players must use all the surfaces of their feet to dribble as well as change direction on the coach’s command.

### **Progressions:**

Encourage players to dribble as fast as possible by making it a race situation.

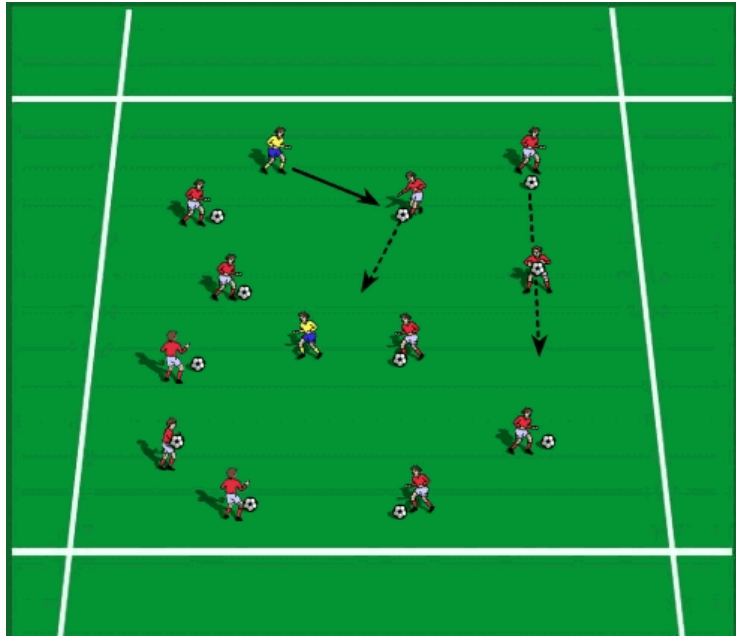
### **Coaching Points:**

Use as many surfaces of the foot as possible.

Do not “kick” ball; push it out in front of you.

Try to avoid collisions by keeping head up

### **SESSION 13: SET THEM FREE**



#### **Dribbling for possession**

20 x 20-yard grid.

12-18 players.

Two sets of colored bibs.

1. 2 Players must wear colored bibs.
2. On the coach's command these players pursue all other players who are dribbling freely inside the grid. If one of the "chasers" touches a player's ball, then that player must freeze in that spot with the ball above their head and their legs apart.
3. A player can only be "unfrozen" by another player dribbling a ball through their legs.
4. After a designated time (approx. 1min) count how many players are frozen? Allow all players to have a chance at being a chaser.

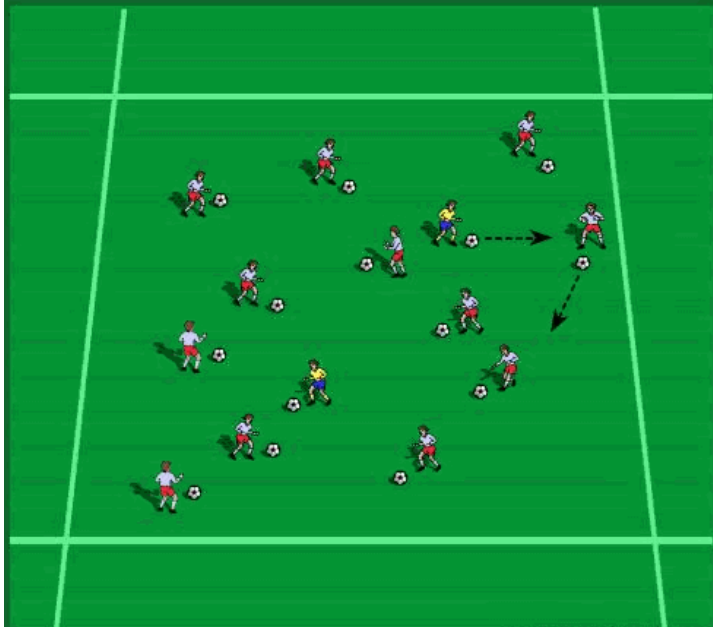
#### **Progressions:**

Increase the number of chasers.

#### **Coaching Points:**

Quick changes of direction and speed are essential to avoid "chasers".  
Keep your head up to detect oncoming opponents.  
Encourage accelerations to escape from opponents.

## **SESSION 14: AVOID THE DEFENDERS**



### **Dribbling for possession**

20 x 20-yard grid.

12-18 players.

Two sets of colored bibs. One ball for each player.

1. 2 players are identified as “chasers” by wearing a different colored bib.
2. All players including the “chasers” must always keep control of their ball.
3. If, while dribbling, a player is tagged by a “chaser” then that person must stay in one place and practice juggling the ball.
4. Time is kept seeing how long it takes for the two chasers to “stick” all the other players. Alternate chasers after each game.

### **Progressions:**

Increase the number of chasers.

Introduce a new feint or move to avoid opponents.

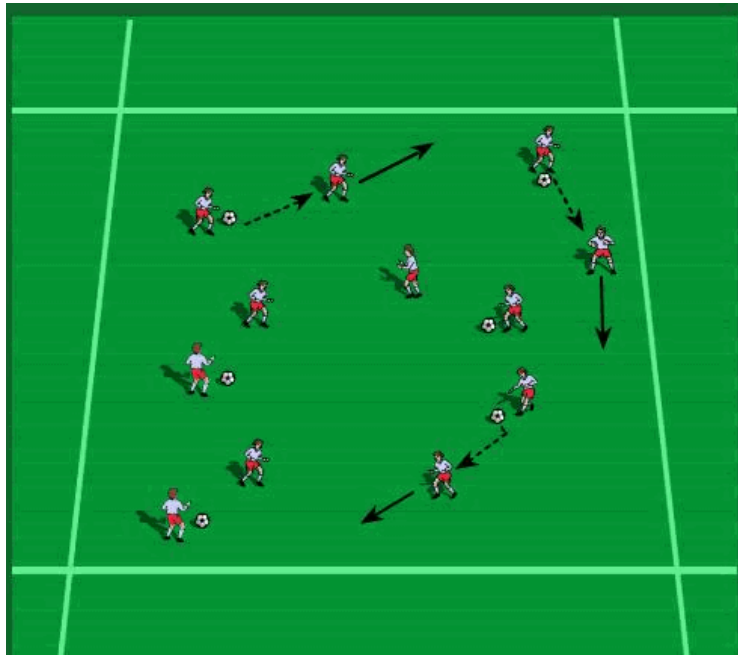
### **Coaching Points:**

Quick changes of direction and speed are essential to avoid “chasers”.

Keep your head up to detect oncoming opponents.

Encourage the use of feints to escape from opponents.

## **SESSION 15: SHADOW HIM**



### **Dribbling**

20 x 20-yard grid.

12-18 players.

Players are in pairs with one ball.

1. Players 1 and 2 start approximately 2 yards apart, one behind the other.
2. The player in the rear has the ball.
3. Player in front must run around grid to try to lose his "shadow."
4. Player with the ball is forced to dribble with close control and speed to keep up with his lead man.
5. When coach shouts "switch" player with a ball tries to pass ball through his partner's legs. At this point the roles are reversed.

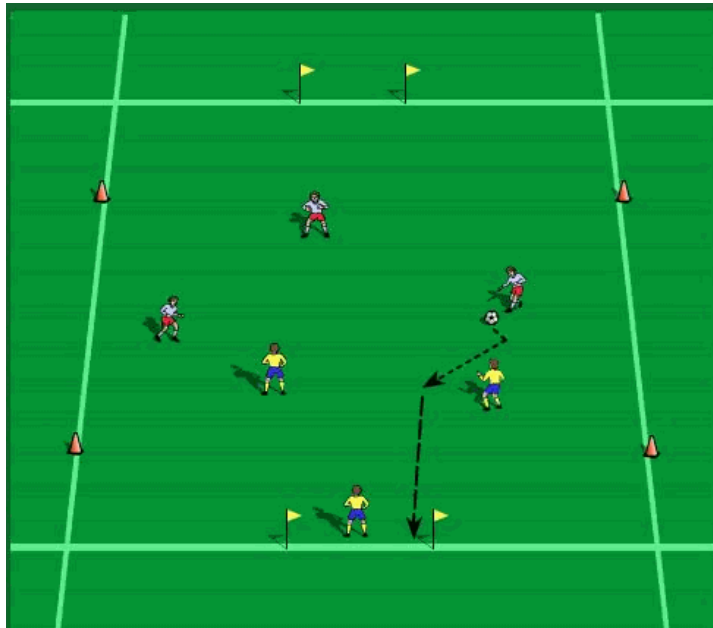
### **Coaching Points:**

Don't kick the ball, push it out in front of you.

Keep head up to detect movements of partner

Use all surfaces of the feet while dribbling and turning.

## **SESSION 16: TAKE A CHANCE**



### **Dribbling for Possession and Penetration**

20 x 30-yard grid with an area 4-5 yards wide designated as an end-zone (marked with cones). 6 players. Two sets of colored bibs. Flags to create mini goals at each end. Repeat set-up to accommodate an entire team of 18 players.

1. 3 v 3. One player is designated as a goalkeeper.
2. Only the goalkeeper can use his hands in the end zone.
3. The goalkeeper must leave the end-zone to become an outfield player when his team is in possession of the ball.
4. Players should try to dribble to create goal-scoring opportunities.

### **Progressions:**

Award 3 points for a goal, 2 for beating an opponent and 1 for turning on an opponent.

### **Coaching Points:**

Take defenders on!

Use feints, deception to elude defenders.

## **SESSION 17: EMPHASIZING DRIBBLING TECHNIQUES WITH FUN GAMES**



### **Dribbling**

40 x 30-yard grid divided into 10 x 10-yard grids. Flags are placed to create a mini goal at one end of the grid. Two sets of colored bibs.  
Groups of 4-5 players.

1. One player starts in the middle 10 x 10 grid and will act as the defender. One player will act as a goalkeeper in the mini goal.
2. The first player in line will attempt to dribble past the defender in the middle grid before attempting to score goals in the mini goal.
3. A shot must be taken from greater than 10 yards from the goal.
4. The attacker then becomes the defender for the next attempt.

### **Progressions:**

Players must use a feint to beat the defender.  
Players can attack in pairs to create a 2v1 situation.

### **Coaching Points:**

Push the ball out in front while moving at speed.  
Accelerate over the first few yards to unsettle the defender.  
Use feints, deception to elude defenders.



## **SESSION 18: SPEED DRIBBLE**



### **Dribbling**

30 x 30-yard grid.

Cones are placed to create corner areas of approximately 5 x 5 yards.

4-5 players in each corner.

1 ball per player.

On coach's command "Switch" players must dribble at speed to a new corner area. To encourage speed dribbling, the first group to successfully arrive in a new corner wins the game.

### **Progressions:**

Players must juggle 5 times in the new corner before the game can end.

Add defenders (2-3) in center of the grid to try to steal balls from players.

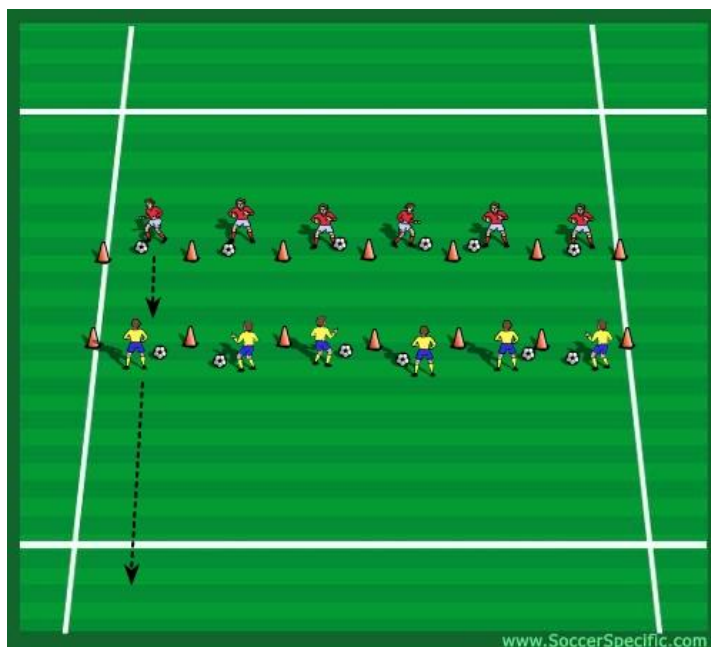
### **Coaching Points:**

Push ball out in front while moving at speed.

Keep your head and eyes up to avoid collisions.

Use feints, deception to elude defenders.

## **SESSION 19: TURN AND DRIBBLE**



### **Running with the ball at speed, change of speed.**

30 x 30-yard grid.

12-18 players with a ball each.

Two sets of colored bibs.

Players arranged in pairs facing each other.

Cones placed to create a 5-yard-wide channel between each pair.

All players are performing fast footwork type activities in a stationary space.

The coach calls out the color of one of the teams. Example “Reds”, at this time the red team must dribble quickly towards their opposite yellow partner. The objective is to tag the yellow player before they can turn and dribble over the end-line.

### **Progressions:**

The team of chasers must try to pass their balls against the legs of their opponents.

### **Coaching Points:**

Accelerate quickly in the direction you want to go.

Take longer touches; don't get the ball caught under your feet.

## **SESSION 20: MOVING TARGETS**



### **Passing and Dribbling**

1. 2 players are designated as “destroyers”. The “destroyers” dribble around grid trying to pass their ball against another ball or legs of an opponent. If a player’s ball or legs are struck, then he too becomes a “destroyer”. The last player to get struck by a “destroyer” is the winner.

### **Progressions:**

Destroyers can strike their opponents ball only.

### **Coaching Points:**

Keep head and eyes up to avoid opponents as well as locate targets.  
Changes of speed to get close to opponent prior to passing ball.

## **SESSION 21: TOUCH TIGHT**



### **Dribbling to beat an opponent.**

20 x 20-yard grid split into two triangles as shown.

Cones in each corner of the grid.

Two players per triangle with 1 ball.

Repeat set-up to accommodate entire team.

1. Player (A) must try to dribble to any cone in the triangle with the ball without the defender kicking the ball from the grid.
2. One point is rewarded for every cone touched with the ball.
3. The defender (B) must try to stay close to the attacker to deny the space and prevent him from scoring. Switch roles after approximately one minute. Rotate partners after each game.

### **Progressions:**

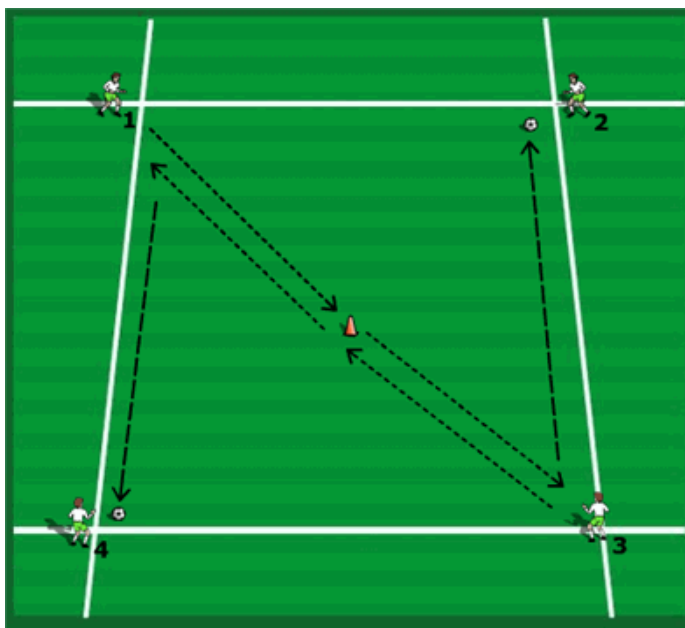
Remove or add cones depending on ability and success of players.

### **Coaching Points:**

Change direction and speeds to avoid defender.

Defenders don't dive in to win ball – be patient.

## SESSION 22: DRIBBLING, TURNING AND PASSING IN FOURS

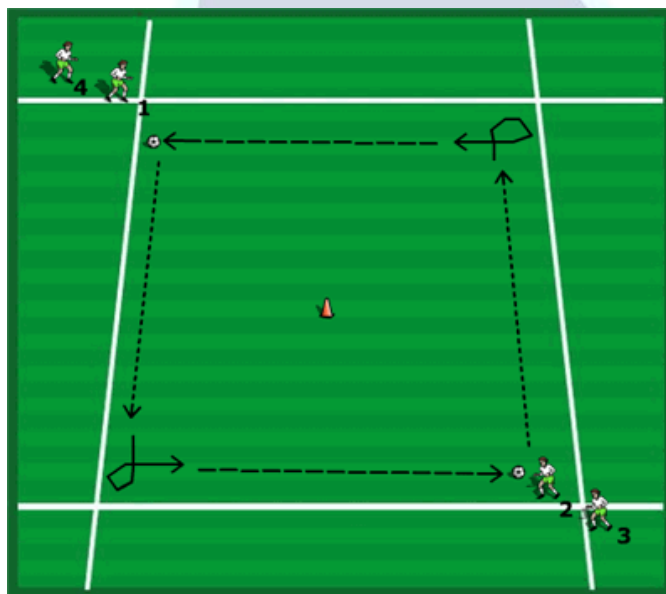


1. In fours two players go together, then they pass to another player and then the next two go.
2. Now we are dribbling, turning, and passing the ball. (1) And (3) begin the runs and pass to (2) and (4) who continue the movement.

### 3. Coaching Points

- a) Observation / Awareness: Play with their heads-up
- b) Quality of Dribbling technique
- c) Quality of Turn
- d) Quality of pass (weight, accuracy, timing)

## DRIBBLING, TURNING AND PASSING IN FOURS

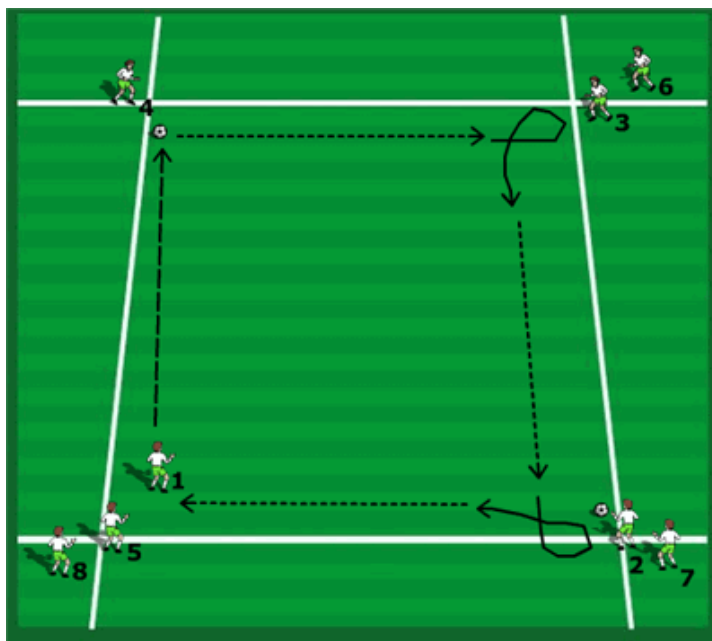


1. Two balls again, two players working at the same time, now they perform a dribble to the next station, a spin off and then a pass to the next player. Try to have the players co-ordinate this movement in their twos so they are doing it all at the same time.
2. Do the spin offs with the inside of the right foot one time, the outside of the right foot the next time, then the inside of the left foot and outside of the left foot, ensuring the players practice turning with both feet and both the inside and outside of the feet. Encourage the players to use as few touches as possible to keep this a smooth action. Go both ways (clockwise and anticlockwise) around

the grid so all the above are practiced.

3. A spin or twist off turn is simply doing a circle with the ball and then advancing in the changed direction. It is usually turning away from a defender. Introduce other turns, step over, inside, and outside cut, Mathews, and so on.
4. Same coaching points as previously shown.

## DRIBBLING, TURNING AND PASSING IN FOURS



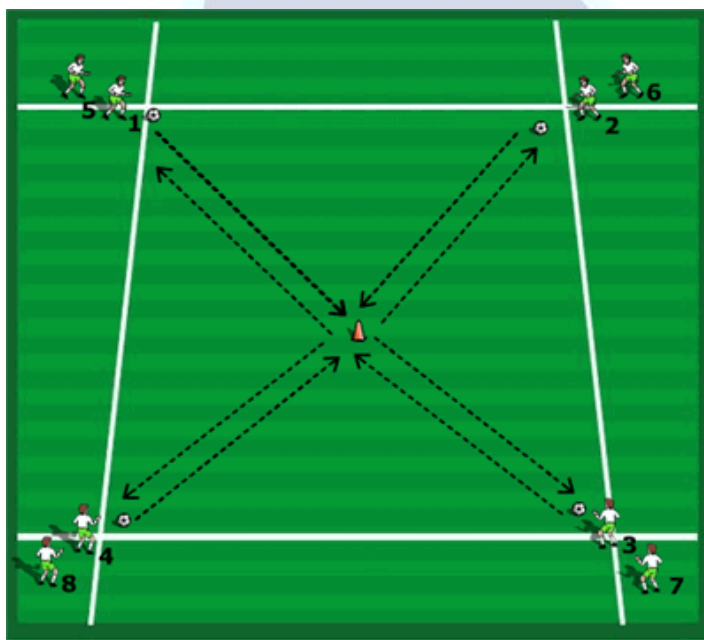
1. (1) runs across the field with the ball and makes two twist-off moves at the next two corners then passes back to where they came from for the next player to begin.

2. At the same time the player in the diagonally opposite corner starts with a ball, in this case (2), and makes the same movement.

3. Two balls going at the same time ensures lots of practice for all the players in running with the ball and turning.

4. Work with this practice both clockwise and anti clockwise to ensure both feet are used in the turns and both the inside and outside of both feet are used.

## TECHNICAL DEVELOPMENT: DRIBBLES AND TURNS



1. Practicing turns in the middle at the cone, four players working together. Determine the number of stations according to the number of players, organizing them into pairs. While one player is active, the other rests, ensuring that each participant receives ample practice with the ball.

2. Each player must do so many turns then pass to their teammate, the coach can determine how many and what type, perhaps a different turn each time. It is noncompetitive to begin then take it into a race when the players can perform the turns well.

### 3. Coaching Points:

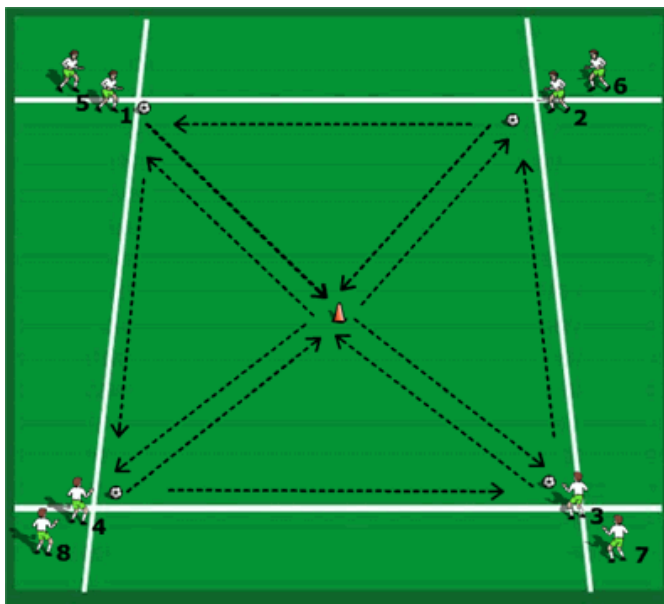
a) Observation / Awareness: Play with their head up

b) Running with the ball under control

c) Quality of the Turn

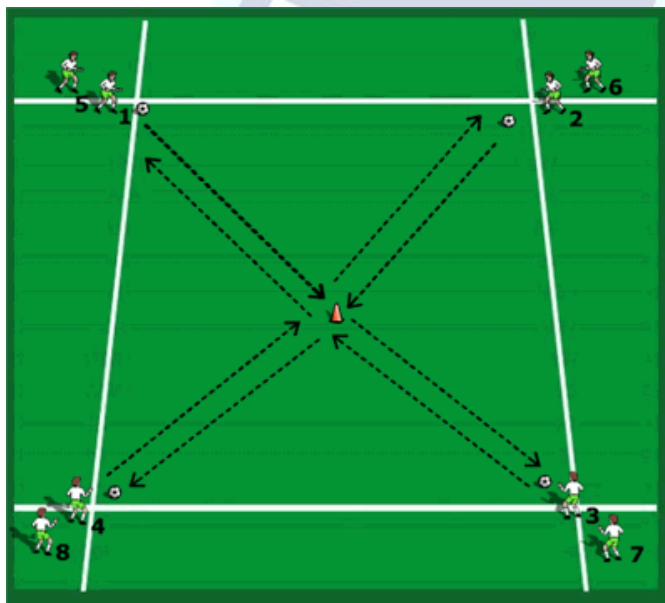
d) Quality of pass (weight, accuracy, timing and pace so it is easy for the next player to take forward with a good first touch)





1. Running in a triangular direction back to their own station, this is now three runs instead of two each time with two changes of direction.
2. Keep the numbers at each station low, in pairs it is best to ensure all players get plenty of work on the ball and the training is intense.
3. If you want to keep it intense, have the player waiting to go with a ball also and have them moving the ball between their feet, fast touches with the inside of the feet, right and left, very quickly to get lots of touches whilst they wait.
4. Same coaching points as previously shown.

1. Player's dribble with the ball to the middle cone then change direction with a turn to the next station and join the next team.



2. **Progression:** They do the same run but then work their way back to where they started, and their teammate goes.
3. **Competitive:** Each team of two can do this a certain number of times to see who the winner of the four teams is.
4. The coach dictates which turns they practice, or the players can work on certain turns they need to improve on.
5. The distance between the stations and the middle cone will determine whether they are practicing dribbling and turning or running with the ball and turning, the longer runs focus more on running with the ball, fewer touches covering a bigger distance. The same coaching points as we have previously shown.