

# 4. Dribbling Dexterity



Date:                      Venue: **Playing Field**                      Duration:                      No of Players:                      Ability / Level: **Beginner**

## Session Goals:

Continue to improve your players' Indian dribble technique in this dribbling dexterity session - working on their ability to weave in and out - practising moving the ball and changing direction.

## Personal Coaching Goals:

To practice ball control moving at increasing speed. Start off slowly and increase the intensity in this dribbling session.

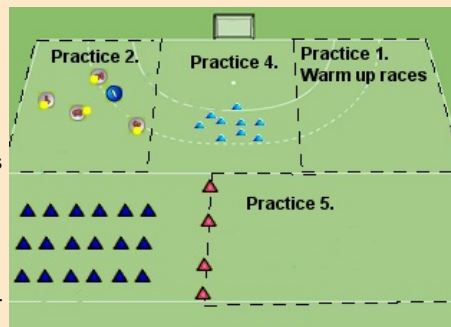
## Equipment:

Balls, Bibs, Cones and Poles

## Set Up

### Pitch layout

Time at training is precious!  
To ensure your players are working hard throughout set up the cones for this session before your players arrive to training.  
Diagram shows a suggested pitch set-up for this session.



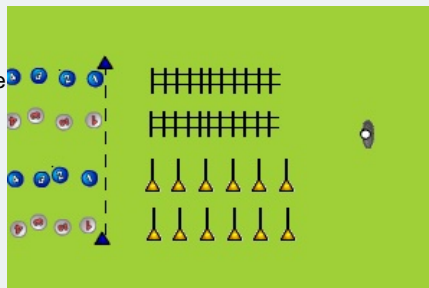
### Notes

Set out more pitches for the 4 v 4.

## Warm Up

### Warm up races

Split your players into 4 groups.  
Two groups race to the best of 5 ladder races.  
The other two groups race to the best of 5 mobility races.



### Notes

Make sure players start behind a cone or gate to prevent them edging forward.

**Ladder race:** Players must place two feet between each rung of the ladder before moving on to the next rung. Once completed players turn and race back. Only once they tag the next player's hand can they start to run.

**Mobility race:** Players run through the slalom or poles and around the last pole and back. Only once they tag the next player's hand can they start to run.

### Spy Tag

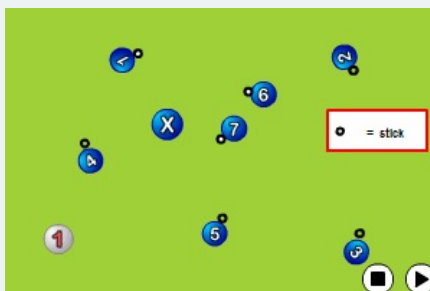
All players bar one have a stick and a ball.

The one player without stick and ball is the catcher they have to try and tag as many players as they can with a ball.

When a player has been caught they have to stand on the spot with feet apart.

They can be released by only one player. *The Spy*. The spy can release players by pushing the ball between the feet of the caught player.

Play until all players have been tagged or for a few minutes before changing the catcher and spy.



### Coaching Tips



When running and changing direction with the ball, try to keep the back straight and arms away from the body.

This will enable the player to keep the ball well in front of their body, away from the feet and allow them look ahead (5-10 metres) from time to time.

## Slalom Skills

### Slalom

#### Slalom 1:

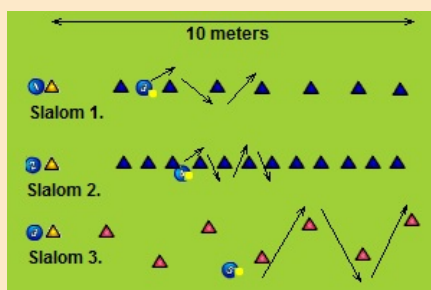
1 meter between each cone for fast dribble.

#### Slalom 2:

30cm between the cones for a controlled dribble.

#### Slalom 3:

2 meters apart, this is for changing of direction.



### Coaching Tips



Ensure players are in control of the ball, not the other way round!

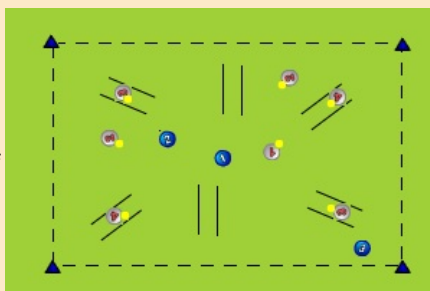
If players miss a cone they must go back to where they lost control of the ball.

### Road safety tag

Lay out lots of little streets with skipping ropes or lines of cones.

1 to 3 players don't have a ball, the rest of the players all have a ball.

Each of the players without the ball has to try and tag a player with the ball. The catchers can not tag a player when the player is in one of the streets.



### Notes

#### Variations:

Restrict the time players are allowed to stay on the street no more than 1 player per street.

**Mine field**

Players with a ball have to try and run with the ball through the mine field of cones avoiding getting blown up.

If they come through clean they are allowed to shoot at goal otherwise they must go back to the start.

**Progression**

Ticking clock. Depending on the level of your players give them a set amount of time in which they need to make it through the minefield.

Give players plenty of time to make it through. You won't need to make it very tough, the test here is to see how players perform when they perceive they're under pressure.

**Final Game****4 v 4**

2 teams of four playing a game. Each team has 2 goals to score in to try to encourage the children to realise that if one goal is blocked that they should change to the other goal which should be empty.

**Coaching Tips**

If you have a group of twelve it is sometimes a good idea to keep one team of 4 on the side watching the match and they swap with one of the teams on the pitch when a goal is scored (replacing the losing team).