

Topic: Ball mastery - Dribbling

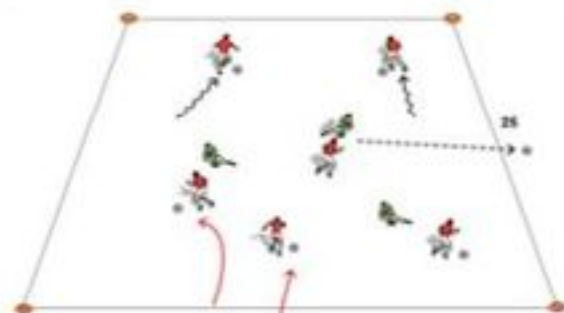
(close control, use both feet, be aware of the 1v1)

FC PORTLAND



Youth
Academy

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FUN - Crab soccer - Area depends on how many players you have. 20 x 25 is shown.

1. Designate about 3 - 4 players to be a 'crab'. These players sit down on the field without a ball (or if the field is wet they can walk only)
2. The rest of the players stand with their ball at one of the end lines.
3. On the coaches signal, the players have to dribble the ball to the opposite end line.
4. The 'crabs' move around on their 'butts' and have to try and kick the balls out of the playing area. If they do, that player now joins them to become a 'crab'.
5. Once all the players have reached the opposite end line, the coach calls GO! again. Play until all players are out.

Coaching points: Close ball control. Use inside, outside and sole of the foot. Attacking the space. Lift their head to scan the field.

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Area: 15 x 20 Players dribble through the corridor (marked by yellow cones on each side). They have to touch each side of the corridor twice.

1. When the players reach the end of the corridor they dribble around the outside of the corridor to return to the start.
2. They have to avoid the traffic. They speed up, they slow down.

Variation: Players can only use their left foot, sole of their foot, right foot.

Coaching points: Dribble with head up and be aware of things around you. Change of speed. Bigger touch? Smaller touch.

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Area: 25 x 30. Two teams. The coach has all the soccer balls. Each team is standing in their goal, linking arms.

1. Each player is numbered 1 - 4. (or more)
2. The coach calls out a number (or two numbers) and serves in the ball. "11"
3. The player with that number from each team enters the field, plays a 1 v 1, 2 v 2 etc and attempts to score on the opposition's goal.
4. The remaining players stay linked together and act as a large goal-keeper. If they break the chain, then a goal is awarded to the other team.

Coaching points: Team work. Fun. 1v1 or use your team mate.

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Area: 25 x 20, 2 goals with no GK's. (you can have GK's if you wish)

Teams are placed at opposite ends as shown with a cone facing each team 25 yards away.

1. When the coach calls "THREE", 3 players from each team run around the opposite end as fast as they can. The first player around the cone goes in goal as the GK.
2. The coach serves in the ball. A 2 v 2 is played.
3. Play until a goal is scored or until the ball goes out of bounds.
4. Players return back to their group and the coach calls out another number.

Coaching points: When to take the 1v1 or pass?

Play a small sided game at the end!