**Dribbling**

Dribbling Gates

Set up multiple cones to create gates/goals 3-4 ft apart

Players dribble through as many gates as possible in 1 minute and count how many they do

\*Variation: only use right, left, inside, outside

\*Now pair up with partner and pass through gates for point

Gates Dribbling ALONE (mark corners with tall cones and gates with disk cones)

* Each player has a ball to dribble in the grid and explore with different ways to dribble through the gates.
* Encourage the players to try to use either foot or different parts of the foot to dribble.
* They can also practice stopping the ball by controlling it on the imaginary line between the cones that make the gates.
* Challenge the players once they are comfortable with the ball to dribble at different speeds and to change direction while dribbling.
* Once a good standard of dribbling is met then feints and fakes can be added to the activity. Body control to be able to control the ball.

Stop & Go (demo first)

* Every player dribbling a ball
* On Whistle, players STOP ball and then GO with speed
* Invent a new way and show coach/players

Ball Retrieve (Pairs)

* The coach has a pile of 6 or 7 balls. The coach kicks or throws these in all directions. The players should chase any ball and dribble it back to the pile at the coach's feet. Never letting the pile get down to zero is the player's objective. Balls are thrown or kicked 5-20 yards.

Knockout

* Every player dribbling a ball and tries to kick other player’s balls off the field
* If your ball is kicked out or stops rolling, then you must do 2 juggles before you return to the game.

Get Outta There

* Coach in middle on sideline with balls
* 2 teams at “corner kick area” paired up as partners
* Coach passes ball onto field to start play
* 2 players from each team play until goal is scored or goes out of bounds
* If out of bounds, coach yells “Get Outta There!” and 2 new players from each group go on next ball.
* If goal is scored, those 2 stay on the field and challenge 2 new players from other team

Dribbling Center – Turn R or L

* Create a square grid with a cone in the middle
* Divide team into 4 groups, each on one side of the square with a ball
* The coach will yell, “go”. Each player from the head of the line will dribble as fast as they can toward the center cone, staying under control the player executes a tight right turn as close to the center cone as possible and dribbles to the grid line and leaves the ball for the next player in line. Game is over when the players have returned to their starting point.
* Change by cutting LEFT

FREEZE / TUNNEL TAG

A playing area is marked out and all players but one have balls. The player without a ball runs around trying to freeze the others by tapping their balls. If a ball is tapped or exits the playing field, its owner must stand with the ball over the head and the feet apart. Those who aren't frozen try to release the others by dribbling the ball through a frozen player's legs. The game is over when everyone is frozen.

SHARKS AND MINNOWS

All players line up, with a ball, on one end line. The players try to dribble to the other end line without the shark, who stands in the middle, stealing their ball. The players who do lose their ball to the person in the middle must join the shark. The game is over when only one person still has a ball.

###### Throwing TRIANGLE DRILL

Set up a triangle with 15-20 foot sides. Mentally label the cones A, B, and C. Players stand in a line at "A." One player is standing at "B." The first player at "A" does a throw-in to the player at "B," who traps the ball and dribbles around "C" and back into line at "A."

Red Light, Green Light

With the coaches back to the players, he yells GREEN LIGHT and the players try to dribble to the coach. When the coach yells RED LIGHT, he waits a moment and then turns to face the players. Anyone who is not stopped has to go back to the farthest person from the coach. \*Tip: keep the ball close to you

Dribble Across A Square (Good warm up)

Make a square and have the players just dribble across and stop. As soon as they have all dribbled across, have them all face inward and dribble back across to the opposite side and stop. Continue until they have crossed the square 6 to 8 times (each trip across is "one"). Tell them to focus on their own ball and to NOT try to kick anyone else's ball.

Traffic (dribbling in a crowd)

How the game works: Create a square playing area roughly 10 ft by 10 ft. Divide the players into two groups.  Set one group up on the north side of the square and the other team on the east side. Each player has a ball.  On the start all players must cross the square, make the turn when they get to the other side and come back.  Make it a race to see which team can be the first to get its players across and back 3 times.

Tip: Increase the square size to give more room to less skilled players.

Turn Around

Players dribble from one end line toward another. When coach says “turn”, the players turns ball and changes direction. \*Ways to turn: pull back, step in front, hook inside, hook outside, heel kick

CONES DRILL (first practice, then a race in the end)

Players dribble a ball in a winding fashion around cones that are set out in a line

\*Variations: Putting the cones is an S shape, to encourage the kids to "look up" start the next player up the row of cones at the same time that the previous player is dribbling back. They have to look up to avoid hitting each other.

Dribble Drills : Set up # of flat cones at # of players on midline

1. Ball on cone, players at goal line. On whistle they sprint to ball, pull back and turn, dribble back
2. Dribble fast to cone, dribble around cone and back
3. Throw, sprint, dribble (no one on you) to cone and back
4. “stop” or “turn around” dribble to cone
5. Partner Pass: 2 touches then pass (count) down to cone and back

Driving School

"This is Driving School & I'm your Instructor. Each player has a ball & must stay inside the cones.

Coach uses a ball to demonstrate what each of the instructions means:

**"Go"** - Start dribbling ("Keep the ball near your feet & look up while you dribble so you don't run into someone").

**"Stop"** - Put foot on top of ball to stop it

**"Slow"** - Dribble slow

**"Speed Up"** - Dribble faster but keep looking up & don't "wreck".

**"Turn right"** - Use the outside of the right foot to push the ball to the right & then dribble in that direction. (This teaches them to stop & turn the ball using the outside of the foot). Be sure they know which is the rightfoot.

**"Turn left"** - Use the outside of the left foot to push the ball to the left & then dribble in that direction.

**"Pull back & go the other way"** - Use the bottom of foot to pull the ball back (i.e., flick it backward) & then turn around & go the other way.

Simon Says

All players dribble around in grid and wait for command:

-Foot on top, -round and round, high fives, slow/fast, toe taps, bells

House Dribble

Players dribble in grid and wait for coach to yell command

- “Stop” - stop ball with top of foot

- “Turn” - change direction

- “Sit” - sit on ball

- “Round and Round” - stop ball and round around it

- “Change” – leave ball and get another ball and dribble

- “Clear the House” – dribble fast to outside of drill

Number Dribble

Players dribble in grid and wait for coach to yell “number”, they look up and hold up number with

their fingers. Teaches them to look up when dribbling.

Fetch/Numbers DRILL (give them a number – 2 groups)

Form 2 lines on either side of goal. Players sit or lay facing away, when name/number is called (coaches throws ball out), the two players 1 v 1, keep away, dribble and shoot on goal.

## SWITCH-OUT-REVERSE

-Players dribble in grid and listen for command

-“Switch”: players leave ball and find another, then dribbles again

-“Out”: Players dribble out of area to any side as fast as they can

-“Reverse”: Players reverse ball and dribble in opposite directions

## DRIBBLING: KING OF THE CIRCLE GAME

A circle is marked off as a playing area, and every player is in the circle with a ball. The players dribble around and try to kick the other's balls out of the circle, while keeping control of their own ball. The last payer with their ball in the circle wins.

Bank Robbery

Mark off grid and all players around grid on line. All balls in center. Players stand or jog around

outside of grid. When coach calls out “Bank Robbery” each player sprint to center to collect ball and

dribbles back as fast as possible. Repeat until all balls are gone. Winner is the one with most balls.

My Ball

Mark off grid, with all balls in the middle (same # as players). Same idea as Bank Robbery, but

layers jog around grid and wait for their name, once called they quickly collect a ball and return back

to line. Fastest player wins.

PacMan

Grid, all players have a ball except for PacMan. All players dribble around and any player who goes

outside of grid or gets their ball kicked out is IT. They give ball to PacMan and now becomes new

PacMan. \*Variation: have players use only right foot, left foot, outside right, inside left, both, etc.

Color Game

Mark off grid with cones. Each side of grid is assigned a “color” – I place colored shirts on cone. Players dribble inside grid with ball and listen for color. Coach calls out “color” and players quickly dribble to that color side and stop the ball on line. \*Variation: Game can be used as “names”, “states, etc. Assign a side.

1 V 1 Dribble (teaching defending)

Players pair up and face each other across grid

Defender passes partner and follows ball to take up a defensive position in front of dribbler

Dribbler moves fwd as defender moves backwards, maintaining 2 yd gap not getting ball.

At half way mark (field) defender commits to ball challenging dribbler

STEAL THE BALL

Divide players into 2 groups, assigning a number to each player (1-4). Each team passes to each other in order of number on their side of the field – constantly moving. After a couple minutes, coach yells out a number. Those 2 players with that number try to steal the ball from the other team. Whoever steals the ball first gets a point for their team. \*Variations: Call 2 numbers or use 2 balls on each side.

Dribble or pass?  
Two teams of four or five play in a 20-yard square that has lots of one-yard-wide cones goals spread about randomly. One team tries to score points by dribbling through a cone goal. The other team tries to stop them. Play for two minutes and change the teams round. The team that scores the most points wins. Repeat.

4 CORNERS

Kids paired up on each corner. Dribble/pass to next corner using controlled accurate passing. Alternate having them use BOTH feet, then only use Right foot/Left foot, etc.