

Coaching Outline

Name: Valley AFC Recreational Clinic - Age 8 and older

Topic: Dribbling and Ball Control

Area: 40x20 per group

Objectives: Get players comfortable with ball and learn moves

Organization and Equipment:

Field Players: 8-12

Goalkeepers: 0

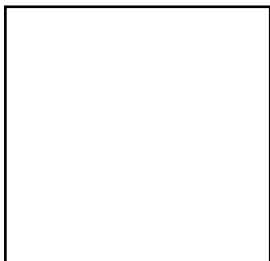
Balls: 10

▲ = cone

● = ball

Other Equipment: Discs, Tall cones or flags

Warm Up: Moves



Set Up: Grid is 30X30, each player has a ball

Objective: To learn moves.

Rules: Demonstrate to the players each move - have them dribble and try move
 1. Matthews - Matthews: Easier to teach as Big Toe, Big Toe, Little Toe. Player starts with the ball in front of them. Using the same foot the whole time, the touch with their big toe, big toe, and then do an outside chop with their little toe.

2. Rollover - Player has the ball out to the right side. They use the bottom of their right foot to rollover the top of the ball.

3. Rollover Stepover - Adding to move above. after the rollover with the right foot the player steps over the ball with the left foot and goes the other way.

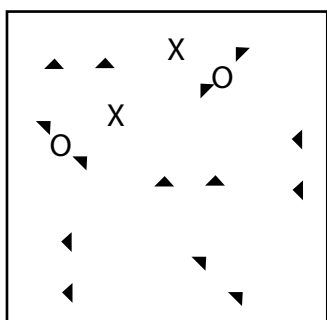
4. Cruyff - Players keep the left foot planted and put the right foot so the toe is facing the left toe, and in front of the ball. They then pass the ball with the right foot behind them and turn.

5. Players are in pairs. The dribble at each other doing each move 6 times. 3 with their right and three with their left.

Coaching Points: Keep your body low, make sure to sell the fake, go the opposite direction, explode away with speed. Determine proper spacing of move between the player and the defender, can't be too far, can't be too close.

Coaches can add moves depending on the skill level of their group

Exercise 1



1v1 Gates

Setup: Grid is 20X20, there are gates set up throughout the grid that are 3-4 yards wide.

Objective: Have them try and do the moves under more pressure.

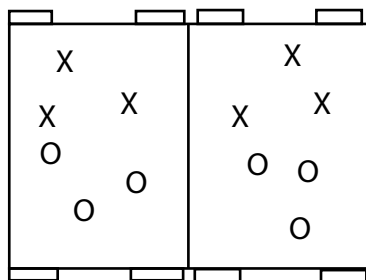
Rules: 1. The players are in pairs. One player is the defender and must stand in the gate. The other player tries to get past them through the gate. They play for a minute and then switch offense and defense. Then switch partners and play once more.

2. Now the players play 1v1 to all goals. If the defender takes the ball they become the attacker and start scoring goals.

3. Make the pairs into teams. They now play 2v2 still trying to dribble in between the gates for a goal.

Coaching Points: Change of speed, change of direction, sell the moves. For number three we are looking for them to receive and then take players on.

Exercise 2



3v3 Two goal game

Set up: Each space will be split down the middle to make two grids about 20x10. There are two small goals on each endline. Players are in teams of 3, this can be adjusted to 2 or 4 depending on numbers.

Rules: To score the player must dribble through the goal.

Coaching Points: Encourage players to dribble, help them recognize when paths are closed and open. Change of speed, change of direction, sell the moves.

Final Game

5v6/6v6 Regular Game