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STATE DIPLOMA COURSE
Session 2
Topic "Dribbling Games"
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Introduction to topic

Dribbling is a variety of techniques with the main objective for the player to maintain possession. Dribbling techniques are creative by nature and as such more than any other soccer skill are an opportunity for players to be creative when in possession of the ball.

Creativity for young developing soccer players is best achieved by a combination of guided discovery, self discovery activities, presented within a play and learn concept, small sided games, conditioned and free play methodology. This is best achieved by activities and small sided games that encourage players to experiment, take risks and be creative.

Coaching Points:

Use different parts of the feet.
Control, lots of touches.
Big space, big touches.
Small space, small touches.
Keep your head up.
Practice at game speed.
Take risks when dribbling.

Warm Up:

Should include balance and movement activities
Without ball and with ball
Should be fun, functional and creative

Activities:

All activities should be fun, safe and creative
Alligator Alley
Pit Stop
Restaurants
Traffic Cop
Gas Station
Big Dogs
Small sided dribbling game
Free play