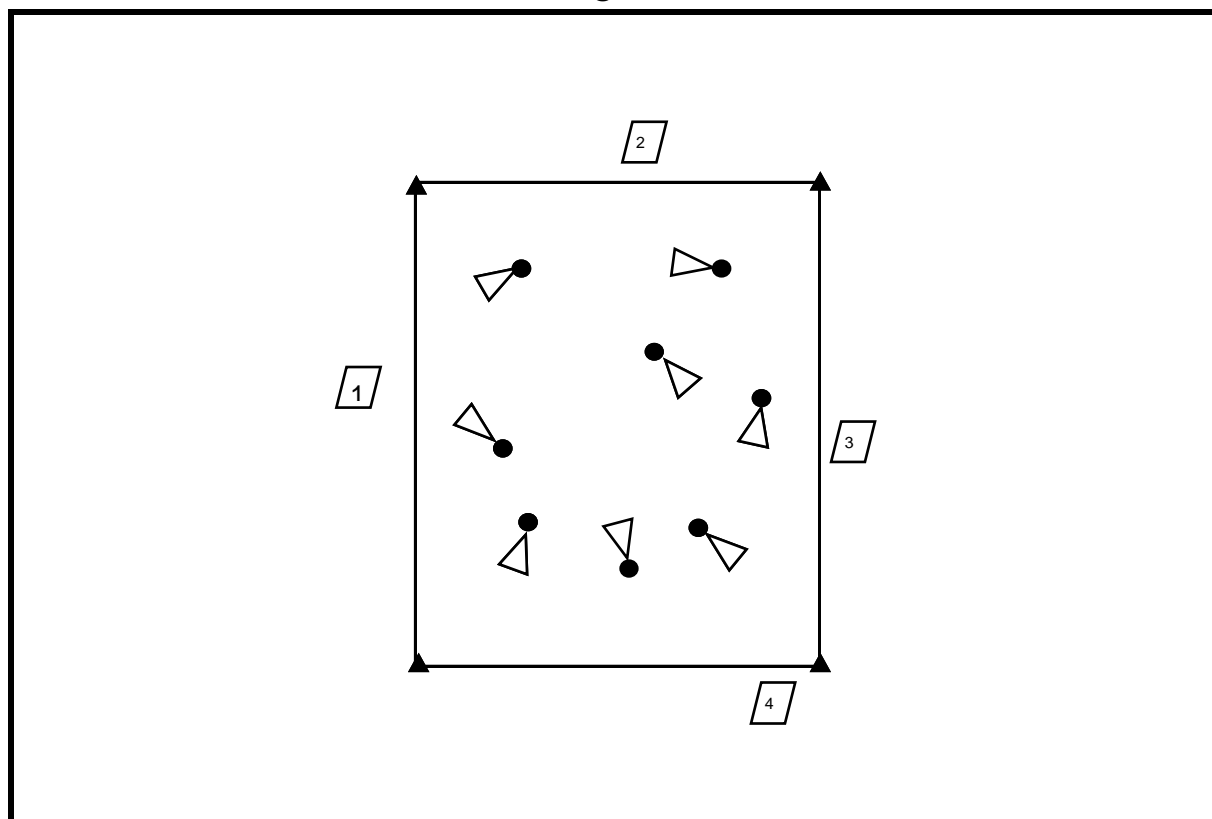


Dribbling Vitamins

Warm Up



Objective: Learning to dribble. Dribbling in tight spaces

Time: U7-U8 12 minutes

Grid Size: 20 yards (length) x 15 yards (width); vary size by age and ability

Equipment: 4 cones, one ball for each player

Organization: Every player with a ball

Rules: Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy)

Actions: Ask players to "Move Ball" inside grid? After 1st round let the players choose how to move ball (ex. Ball-nastics, rolling w/ hands, bouncing)

REVIEW #1 (Foundation); #2 (Zig-Zag)

U7 Dribbling Moves Review #1 and #2 above; #5 Spin Away; #6 Pull Back
U8 Dribbling Moves Review #1 and #2 above; #9 Scissors; #10

Coaching Points: Teach EDYSL Dribbling Progression

Variations: Players must use right foot only, left foot only or both feet