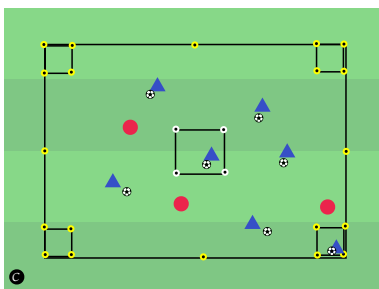


Technical

Duration: 0 Min

Dribbling Game - Sharks vs Surfers



Coaching Points

- 1. Keep ball close
- 2. Vary surfaces of the foot
- 3. Head Up
- 4. Change of pace
- 5. Change of direction

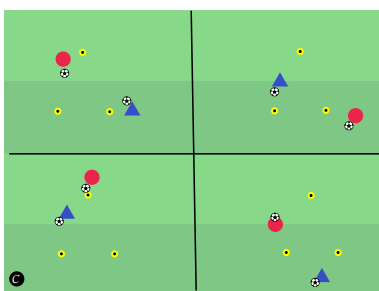
Objectives

Fun games that works on the technique of dribbling

Technical

Duration: 0 Min

Dribbling Game - Cat & Mouse



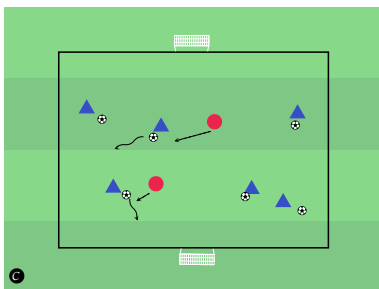
Coaching Points

- Keep ball close
- Vary surfaces of the foot
- Head Up
- Change of pace
- Change of direction

Technical

Duration: 0 Min

Dribbling Game - King/Queen of the ring



Coaching Points

- Keep ball close
- Vary surfaces of the foot
- Head Up
- Change of pace
- Change of direction

Technical

Duration: 0 Min

Dribbling Game - Tic tac toe

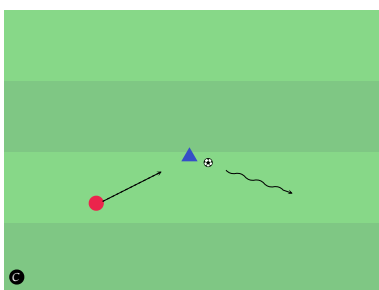


Coaching Points

Technical

Duration: 0 Min

Dribbling Game - Tag variations



Coaching Points

Dribbling Game - Sharks vs Surfers



PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players - e.g 30x30 square with 5x5 smaller squares in each corner and one in the middle.
- Blues (surfers/attackers) start with a ball each. Reds (sharks/defenders) don't have a ball and hold a bib in their hands.
- Blues must try and protect their ball from the reds and survive each round. Reds must attempt to steal blues ball by tagging their ball with their bib or stealing it with their feet.
- If ball is stolen or tagged, blue attacker now becomes the defender, red defender now becomes the attacker.
- Each square in the corner is a safe zone for attackers.

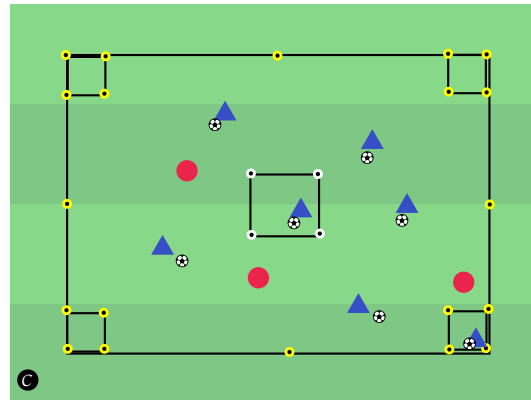
Focus

- Use of feints/dukes to get away from defender.
- Lots of changes of direction.
- Accelerate into space.
- Head up to find free space or safe zone

Possible Progressions/Regressions

- Level 1 - You can stay in any safe zone for 6 seconds
- Level 2 - Safe zone is now only 3 seconds
- Level 3 - Only one player allowed in a safe zone at a time
- Level 4 - Two safe zones are no longer a safe zone
- Level 5 - No more safe zones

Dribbling Game - Sharks vs Surfers



COACHING POINTS

- 1. Keep ball close
- 2. Vary surfaces of the foot
- 3. Head Up
- 4. Change of pace
- 5. Change of direction

Dribbling Game - Cat & Mouse



PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- Set up multiple triangles using three cones
- Each player has a ball, get in pair, and find a triangle to stand by
- Players rock, paper, scissor, to decide who starts as cat (defender) or mouse (attacker)
- The defender dribbles their ball around the triangle and attempts to tag the attacker (you cannot dribble through triangle)
- If tagged, they immediately swap roles and the game continues.
- Play for a set amount of time i.e 1 minute.

Focus

- Use of feints/dukes to get away from defender.
- Lots of changes of direction.
- Keep ball close

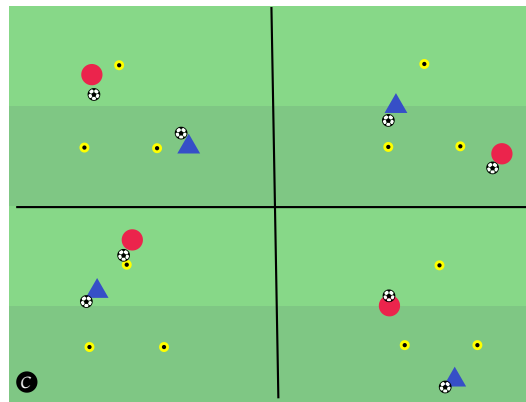
Possible Progressions/Regressions

- Increase or decrease the size of the triangle
- Add a promotion/relegation competition - if you win you move up to the next triangle. If you lose you move down

COACHING POINTS

- Keep ball close
- Vary surfaces of the foot

Dribbling Game - Cat & Mouse



- Head Up
- Change of pace
- Change of direction

Dribbling Game - King/Queen of the ring

PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- Set up a square with two goals opposite each other
- Every player has a ball (attackers) except for one player (defender)
- The attackers dribble around the area looking to protect their ball
- The defender looks to steal a ball and score on either goal
- If the attacker loses their ball and a goal is scored with it, they join the defending team and try to steal another ball
- Last player standing wins

Focus

- Use of feints/dukes to get away from defender.
- Lots of changes of direction.
- Keep ball close

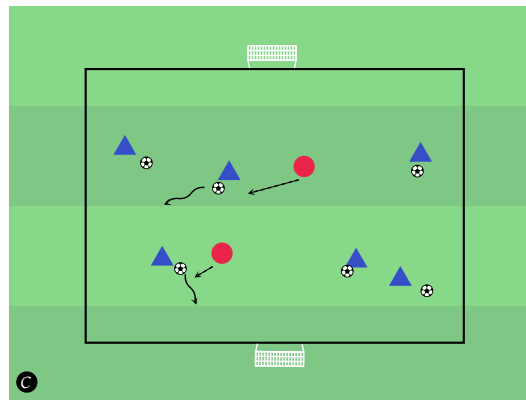
Possible Progressions/Regressions

- Increase or decrease the size of the area
- Start with more defenders
- Defenders must get x number of passes before scoring

COACHING POINTS

- Keep ball close
- Vary surfaces of the foot
- Head Up
- Change of pace
- Change of direction

Dribbling Game - King/Queen of the ring



Dribbling Game - Tic tac toe



PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- Set up 3 rows of 3 cones (9)
- Split players in to two groups and give three players the same color cone or bib
- On go, one player from each team dribbles through the yellow cones, stops their ball, and places their cone or bib on one of the 9 cones
- Once they place their bib or cone, they pass the ball back to the next player in line
- Once a team gets three in a row, they win

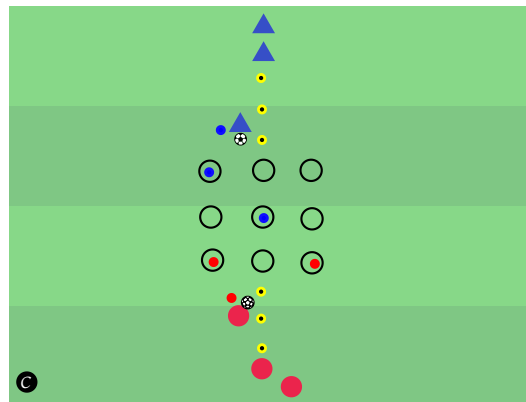
Focus

- Keep ball close
- Quick decision
- Teamwork and encouragement

Possible Progressions/Regressions

- Increase or decrease they distance they have to dribble/pass the ball
- Dribble and pass with certain part of foot
- Weak foot only

Dribbling Game - Tic tac toe



Dribbling Game - Tag variations



PLAYERS

1 players

INSTRUCTIONS

See related drills or search for tag games and add a ball

Dribbling Game - Tag Variations

