



Close Control Dribbling

Category: Technical: Ball Control
Difficulty: Beginner

Continental Football Club, Philadelphia, United States
of America
Individual-Adult Member

Description

Warm-Up (20 mins)

Set up

20 by 20 area with 8 by 8 area in the center
12 players
1 ball per player

Organisation

All players dribble around the large area and are not allowed into the small area.
When the coach shouts out "small" all players have to dribble into the small area.
When the coach shouts "big" all players have to move into the large area.
Play for a set time period.

*Progressions: P-reduce size of areas
R-increase size of areas*

Coaching Points

Head up
Change speed/direction
Awareness of open space



1v1s (20 mins)

Set up

As shown

Organisation

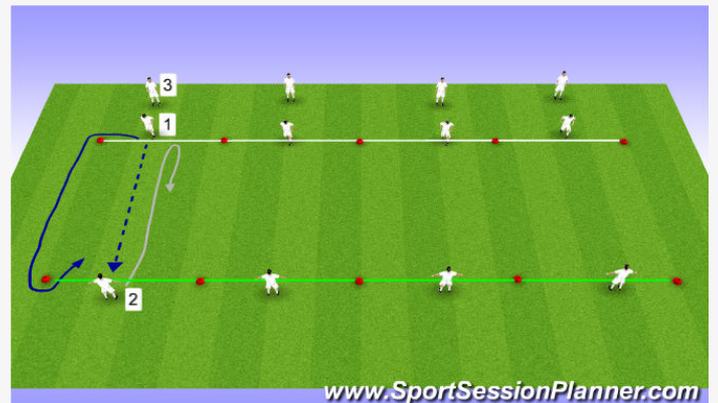
Player 1 passes to player 2 then runs around the outside of the grid to defend the line on the other side of the box. Player 2 dribbles to the other side of the box and turns to beat the player 1 at the other side of the grid. To score the player must dribble over the end line past the defender. Players rotate out to be the resting player.

Progression

Have the players compete in a ladder tournament format 2 minute rounds

Coaching Points

When you receive the ball dribble at speed to take the space.
Then turn and use your imagination and creativity to beat the defender.
Close control of the ball around the defender



Conditioned Game (20 mins)

Set up

40 by 10 area
6 players (3 attackers, 2 defenders, 1 GK)
Markers indicating two defensive lines 10 yards apart
1 ball per attacker

Organization:

Defending players start on a line each, and may not move off this line.

Attackers must negotiate both defenders and score past GK.

GK must stay on their line until attacker's first touch in the final area.

If attacker is dispossessed, they go back to the start line.

Next attacker can start run when second defensive line has been negotiated.

Attackers get 5 repetitions each before switching roles.

Progressions

one touch finish in final zone

GK stays on his line until attackers 2nd touch

Coaching Points



controlled approach
attack defender's front foot
play at speed
cut into space behind defender
change speed & direction
timing of move & correct execution

Visual Cues

defender's positioning
distance to defender

8v8 Game (30 mins)

Set Up -

8v8 for U12 - U18

6v6 nothing bigger for U12 and below

Instruction -

Players are now in a free game of soccer. Apply conditions if required but play to the actual rules of the game for the majority of the time allocated.

Pogression:

Limit players to two OR Three touches

Coaching Points -

Emphasize the theme of the day before the scrimmage starts. Try to use natural stoppages in the game to coach. However if the scrimmage is not getting the desired learning moments use the stop / create mentod.

