ZONE I: YOUTH TECHNICAL TRAINING SERIES

OBJECTIVE(S): DRIBBLING WITH A PURPOSE
Practical activities to reinforce the elements of effective dribbling.
I. Dribbling to keep possession or turn away from pressure.
II. Dribbling to penetrate or beat an opponent.

ACTIVITY I: SAFE ZONES (Dribbling to penetrate or advance the ball)
A. Select 2-3 players to act as taggers or Zone Guardians.
B. Begin with having all players move freely about the grid (designated area).
C. Mark and identify 3 zones as safety zones. Only ONE player may occupy the zone at a time. Any dribbler that is tagger must switch roles with the tagger. (Taggers may or may not have a ball at their feet.)

KEY CONCEPTS:
A. 1st touch is long enough to increase your stride and speed. (accelerate)
B. If running with the ball (high speed), utilize the outside of your foot to push the ball forward.
C. Disguise your first touch with a body feint.

WARM-UP- TECHNICAL REPETITION: BALL TAG
A. Select 2-3 individuals to serve as the “taggers”. Each “tagger” holds a scrimmage vest in their hand.
B. All remaining players move about the area with a ball at their feet.
C. Taggers attempt to strike the ball by throwing the scrimmage vest on top of the ball.
D. If they strike the ball, the tagger and the dribbler switch roles and continue playing.

KEY CONCEPTS:
A. Head up-Head down as you move about with the ball. Observe positions of teammates and opponents.
B. Maintain close contact with the ball in congested areas of the field.
C. Utilize all foot surfaces to turn the ball.
D. Utilize your body to spin away and protect the ball from a pressuring opponent.
**ACTIVITY II: INDIVIDUAL ATTACKING - FOUR GOAL GAME**

A. Organize instructional group teams. Each team places one-half of their team at each of two goals on a common end-line.

B. The first player at each of the four goals will compete for 30sec to 1 minute intervals. Opponents will match up with the player facing them from the opposite goal for each competitive interval.

C. Each pair attacks two goals and defends two goals (independently of the other pair)

D. Each team should maintain a cumulative total of goals scored for their side.

E. ROTATE next group in rapidly.

F. Resting players provide service of a new ball when the ball is kicked away.

**SMALL-SIDED MATCH: NINE v NINE**

A. Divide your training group into two teams of 7v7 to 9v9 depending on attendance.

B. Mark a field with approximate dimensions 65x50 yards.

C. Teams compete while playing under the same rules that apply to their League matches.

**KEY IDEAS:**

A. Each team should be placed in a formation. This will create an environment where the principles of play can be reinforced and applied to positional-specific role for each player.

B. Allow players to play- to create and to explore new ideas through minimal interruption.