



## Ringwood\_Dribbling\_8/9

Category: Technical: Dribbling and RWB

Skill: Mixed age

Pro-Club: Red Bulls New York Academy  
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### Description

#### Key Learning Outcomes:

- Players will be introduced to different dribbling techniques
- Players will demonstrate the ability to take a player on when the pressure is in front of them, and they have momentum

### Warm-up (10 mins)

#### Organization:

Dribbling in the entire area, the castle courtyard, but watch out for the cones. Players will be introduced to little touches with their pinky toes (messi) or bigger touches with their laces (ronaldo touches) Players will be asked about the different types of touches----If you have a lot of space what kind of a touch would you want to take?

What if you were in a really small space?

#### Instructions:

##### Part 1:

Dribbling in entire area using different types of touches:

##### Part 2:

Two areas, small inside area red cones, larger outside areas yellow cones. Inside the red cones are inside the castle, the outside area, is outside the castle. Outside the castle the giant ogre (coach) is chasing the players trying to tag them, if they get tagged, they have to sweep the ball 10 times. Players go outside or inside the castle based upon the coaches call.

#### Coaching Points:

#### Progressions:



### Un-Opposed/SAQ (10 mins)

#### Organization:

-10 x 30 yard area (red cones) with starting gate in tall orange cones

-5 yard area around, two sides and back of red zone (blue cones)

-Story--Dribblers are the Princes and Princesses, they have to get past the angry dragons, who are the defenders, the angry dragons try to pull the tails of the princes and princesses. Angry dragons have to roar and move like dragons.

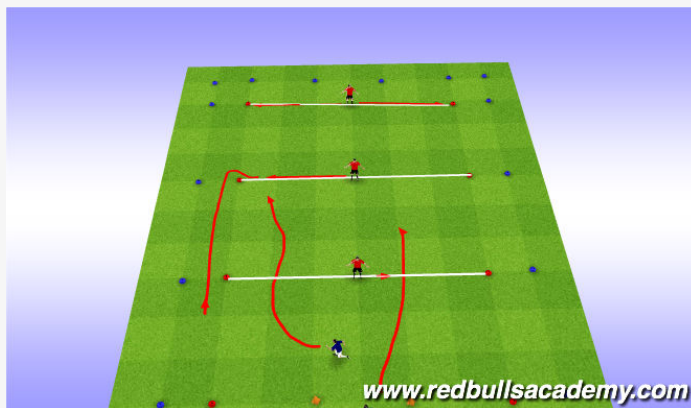
#### Instructions:

Defenders can only move laterally between their two red cones, they are trying to pull the pinnie from the shorts of the attacker. Who is trying to get through the gauntlet, passing all three defenders. The next attacker may enter the gauntlet once the player in front of them clears the first defensive line. If an attacker gets their pinnie pulled out they must pick it up and go into the blue zone to put their pinnie back in their shorts, they then use the side channel to run back as fast as they can to get to the starting gate. Players get 3 points for each successful journey to the end of the gauntlet. Defenders get a point for each pinnie they pull.

#### Coaching Points:

- 1) Finding the open space, identify where the defender is and try to use the open space
- 2) change your pace and direction to fool a defender
- 3) improvise---Can you think of a great way to beat the defender?
- 4) Drop shoulder and change pace to wrong foot defender.

#### Progressions:



## Semi-Oplosed (10 mins)

### Organization:

- 10 x 30 yard area (red cones) with starting gate in tall orange cones
- 5 yard area around, two sides and back of red zone (blue cones)
- Each attacking player now has a ball

### Instructions:

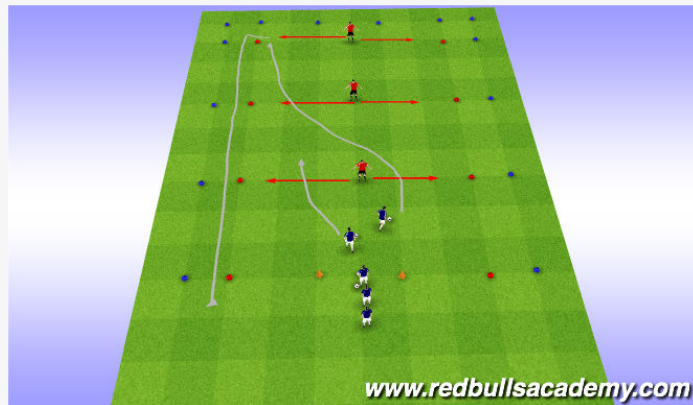
Rules remain the same, defenders are still trying to pull the attacker pinnie, if an attacker get tagged they must pick up their pinnie and enter the blue zone, to get back to the starting gate they must take Ronaldo touches.

### Coaching Points:

- 1) Finding the open space, identify where the defender is and try to use the open space
- 2) Use correct dribbling technique to take the space
- 3) improvise---Can you think of a great way to bet the defender?
- 4) Drop shoulder and change pace to wrong foot defender.

### Progressions:

- P-Defenders now try to takle the ball and pass into the blue zone on the side.
- P-Defenders can be anywhere in their zone, not just on the back line



## Fully Oplosed (1v1) (10 mins)

### Organization:

-10 x 30 yard area (red cones) Using same set-up as previous two activites but playing side to side on area, Blue cones now make up the scoring zone, the attackers must be inside this zone to score and the defenders are not allowed in this area.

### Instructions:

-Defender passes ball to attacker and plays defense on their first touch. Attacker must make it to the end zone to score, defenders are not allowed in the end zone. If dender steals ball they may score on opposite goal using the same rules.

### Coaching Points:

- Good positive first touch
- Controlled approach
- Observe defenders position
- Attackers defenders front foot
- Execution of move
- Take touch back across the defender and accelerate away

### Progressions:

Regression- Defender must touch tall cone on either side of area before they can defend

