

MTYS Coaches Clinic – Week 1

Dribbling

- Most fundamental way to move the ball around the field
- Using the laces with lighter / controlled touch -
- Majority of players think inside of foot is dribbling surface
- Inside and outside foot for directional change
- Heads up / awareness of space and field vision
- Dribble when space is available / dribble towards available space / Pass when under pressure

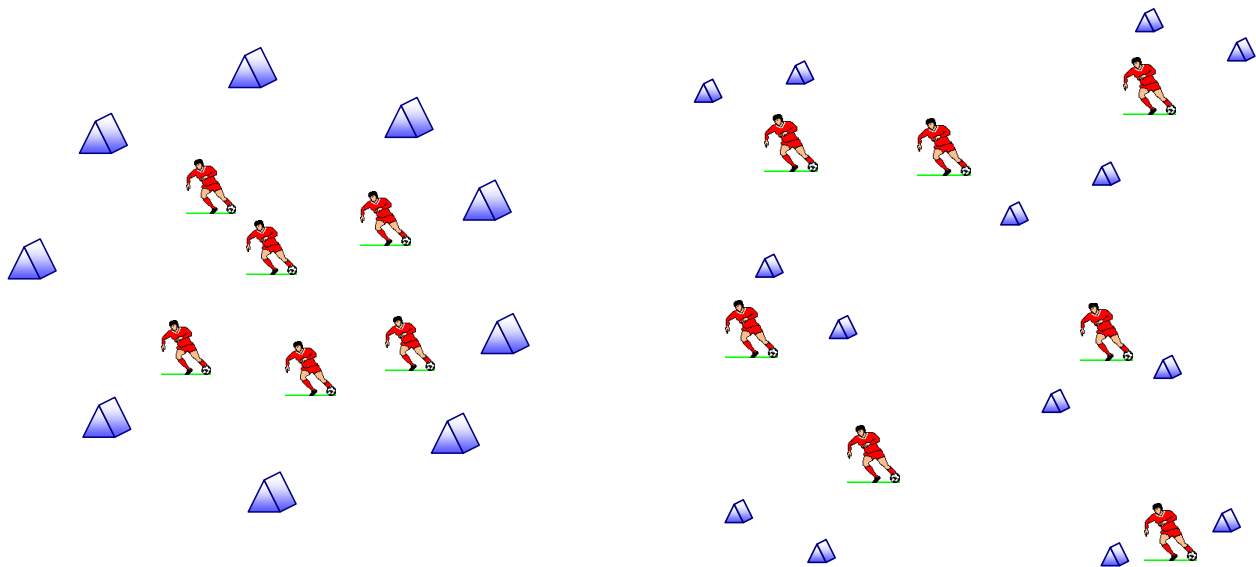
Pull Back Turn

- Most Fundamental method for change of direction
- Open up with turn / keep vision of ball during turn
- Quick turn and easy to learn at younger ages

Activity 1 – Circle Dribble – 20 to 25 YD Radius Circle

Start with balls spread out throughout the circle. Start players jogging around, avoiding touching the balls. Shout GO and they all must find a ball and put foot on top. Vary speeds using FAST/SLOW and STOP commands. – do this for 5min.

- Dribbling – players begin dribbling within circle. Use commands to vary speed and action
- STOP/GO FAST/SLOW TURN (pull back) SWITCH (players switch balls)
- Introduce commands in sequence.
- Stress proper technique of dribbling using laces – avoid use of toe. Keep ball close



Additional Progressions:

- Follow the leader – have partners and one follows the other (both Dribbling). Switch follower and leader every minute
- Dribbling Gates – layout dribbling gates for players to dribble through

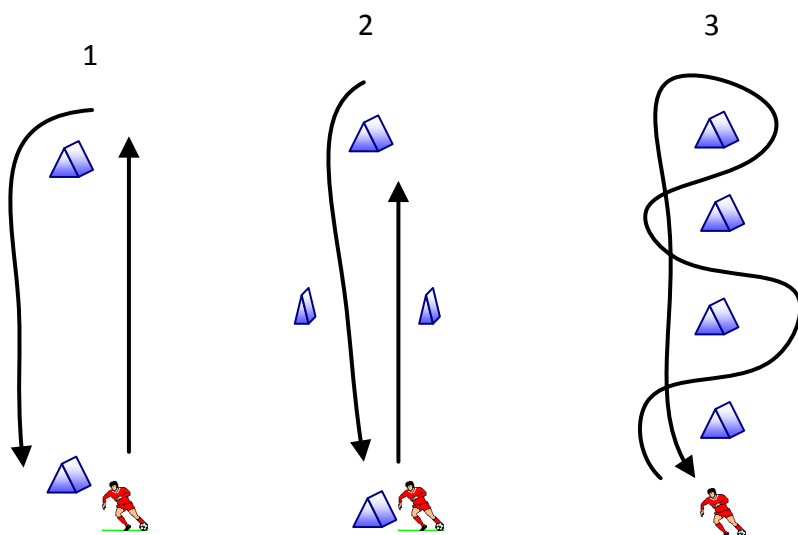
Activity 2 – Dribbling Relays

Straight line dribbling using cones to require control and change of direction. Progression from warm up to greater difficulty.

Warm up : Place soccer balls or smaller cones on top of larger cones. Have players run in sequences to retrieve balls / cones. Vary sequences by numbers – 1,2,3,4 4,3,2,1, 2,4,1,3 , etc

Dribbling Progressions:

1. Dribble straight out, around and back – control required to make the turn without overshooting
2. Dribble between gate, around and back through gate
3. Slalom dribble in and out of cones



Add competitive element with races to see who can finish 1st, 2nd, 3rd. Require proper dribbling and control and reward better control over speed

Activity 3 – Stuck in the Mud

Activity to develop dribbling with varying speeds, change of direction and possession under pressure.

One Player in an Alternate Color Pinnie will be designated as the Mud Monster. All other players dribble around the area with balls. The Mud Monster attempts to take away the ball from any of the players. Once their ball is taken away, they are “Stuck in the Mud” until another player can dribble up and Tag them. Change the role of Mud Monster every 2 minutes to try and get everyone a chance. Coaches should mediate the game on the perimeter in order to keep the players in the training area.

- Make sure to stress ball control/keeping the ball close in order to avoid dispossession of ball
- Use pull back turn for quick change of direction
- Head up dribbling for better field vision
- Good for end of training activity
- Develops individual possession of the ball

Additional Progression : No pinnie required / no set chaser/Mud Monster – older players 8-9yrs +

When a chaser dispossesses a player, he/she takes over the ball and the player who lost the ball becomes the chaser. New chaser cannot take the ball from the player that dispossessed them. Forcing a player out of the circle is the same as dispossessing.

