



Curriculum – Technical / Skill

Activity # - 315

Topic:	Dribbling	Age:	10 to 12
Section:	Main Theme	Ability Level:	Travel
Learning Outcome(s):	Recognizing the opportunity to penetrate and score with a dribble		



Organization:

1. 30 x 44 yard area set up as shown
2. 12 players (5 Attackers, 3 Defenders, 1 Goalkeeper, 2 Targets, 1 Server) set up as shown
3. 12 balls with server

Instructions:

1. Server starts the game by playing to any of the attackers who then attempt to score
2. Defenders attempt to win the ball and score by playing to either of the counter targets
3. Attackers can only go forward by dribbling and are only allowed to pass sideways or backwards
4. If the ball leaves the field or a forward pass is played the game is restarted form the server
5. Play for a set time limit or number of balls, then rotate players

Coaching Points:

1. Controlled approach
2. Engage defender at speed by attacking front foot
3. Timing of move – just outside tackling radius
4. Change of speed and direction
5. Cut into the space behind defender
6. Head up accelerate away

Progression/Regression:

1. P – Play 5 v 4 to increase traffic and reduce the space to play in
2. P – Shots may only be taken from inside the penalty area
3. R – Attacking team is allowed to pass forward