



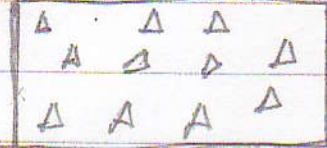
National Soccer Coaches Association of America



PRACTICE #18: SPACE, PACE & DRIBBLING AT SPEED

12-15 MIN
ST-8

WARM UP: 15' x 20' w/ SPACE PLAYERS DRIBBLE & "KILL THE BALL"



- COACH COUNTDOWN FROM 30 IN 5'S OR 10'S
 • DRIBBLE W/ ALL PARTS OF FOOT I.E. PULL + PUSH BALL, INS, LACES, BOTTOM

CP1 DRIBBLING FORM - #1 USE LACES #2 TOES POINTED DOWN #3 USE ALL PARTS OF FOOT

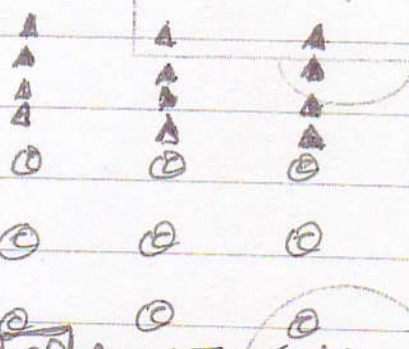
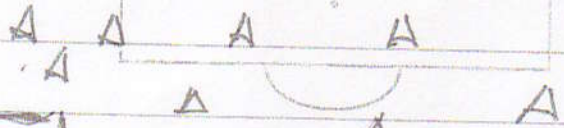
CP2 DRIBBLE AT SPEED, TEACH GEARS 1ST, 2ND, 3RD, 4TH, OVERDRIVE

EXERCISE #3 3 SETS OF 3 CONES ROW 5 YDS APART + 4 PLAYERS PER SET

IN PAIRS, PLAYER #1 RUNS TO CONE 3, CUTS BACK & TAGS CONE 2 THEN 2ND PLAYER ATTEMPTS TO TAG PLAYER #1 BEFORE REACHING CONE 3

PROGRESSION: SAME EXERCISE BUT DRIBBLING WITH THE BALL

EXERCISE #1	DRIBBLE IN SPACE	EXERCISE #3	CHASE DOWNS
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CP1 TEACH DRIBBLING IN ALL GEARS

CP2 DRIBBLE TO GET OPEN

BIG SPACE & BIG TOUCH / SMALL SPACE & SMALL TOUCH

• CHECK BACK USE HOOK OVER SHOULDER & MAKE EYE CONTACT

CP1: ADJUST DISTANCE OF THE CONES

- CHECK BACK / FADE AWAY / DRIBBLE
- PULL BALL & ACCELERATE
- DRIBBLE AT SPEED
- TEACH GEARS 1, 2, 3, 4 & OVERDRIVE

• 3 CONES / 3 PASSERS / 1 DEF.
 CP2 DEFENDER MUST "CUT THE ANGLE & DEFEND BUT CAN NOT STEAL BALL"

#2 TRAPALIZE DEFENDER W/ TRICK MOVE
 • PULL THE BALL
 • PRACTICE "TRICK MOVEMENTS"

GAME CROSSFIELD 6V6

- TEACH GEARS / DRIBBLING AT PACE
- TEACH GETTING INTO SPACE
- TEACH BIG SPACE / BIG TOUCH - SMALL SPACE / SMALL TOUCH

EXERCISE #2 "CHASE THE RAT"