



MVSC COACHES CORNER

DRIBBLING ACTIVITIES

Week 2 will continue to focus on dribbling. It is crucial that players know how to have control of the soccer ball.

The Cone Chase

Set Up

- This game could include as many players as you would like.
- You'll need as many cones as the players.
- Each player needs a ball.
- Divide the players into two groups. Name the players in one group in odd numbers (1, 3, 5 etc.) and the other in even numbers (2, 4, 6 etc.).
- Let the groups stand in a line opposite of each other with a distance of around 20 yards (depending on age of players) between them. Each of the players should stand behind a cone.

Objective

The players will be racing to collect a cone left by the other player.

How to play

To play this game, the coach calls out an even number and an odd number, for instance, 4 and 7. The respective players should dribble the ball and grab the cone that the other player has vacated and take it 'home.' The player who reaches home first wins. To add difficulty, you could call out multiple pairs at the same time so that traffic is added.

Coaching points

- Competitive warm-up
- Awareness
- Attentiveness
- Fast thinking. Where should I go?
- Have the players keep the ball close to their feet. Also, have them work on facing up when dribbling.



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Red Light Green Light

Set up

- The area for this activity depends on the age group.
- Each player should have a ball.
- The coach should always be 15-20 yards away from the closest player.

Objective

The players should aim at beating the rest by being the first to reach the opposite sideline.

How to play

The game starts with the players making a line shoulder-to-shoulder along the sideline. The coach should be 15-20 yards away, facing away from the players. When the coach shouts 'yellow,' the players should slowly dribble the ball towards the coach. After some seconds, the coach calls 'green,' signaling the players to dribble fast. Lastly, the coach shouts 'red' as a sign for the players to freeze. After shouting red, the coach should turn and be on the lookout for players who are still moving. Any player who is caught has to go back to the starting point. The game ends when most of the players reach the other sideline successfully.

Coaching points

- Be alert to coach commands
- Dribbling with speed
- Respond quickly to verbal cues
- Learning how to keep the ball close enough always