



MVSC COACHES CORNER

DRIBBLING ACTIVITIES

This week on Coaches Corner, we will focus on dribbling and being able to change direction and speed.

Soccer Tag

Set up:

- 10 x 10 yard area (Depends on number of players you have)
- 1 soccer ball per player
- 2 Pinnies

Instructions:

Set up your 10 x 10-yard area and in your group of players ask 1 or 2 of them to become the mud monster (the taggers), give them a pinnie to hold onto so they are easily identifiable.

The other players will have a soccer ball at their feet and try to dribble away from the mud monsters.

The mud monsters must try and tag as many players as they can, if they tag a player the soccer player, they become frozen and must hold their soccer ball above their head and stand with their feet shoulder-width apart (wide enough so a soccer ball can be passed through).

The way a player becomes unfrozen is if another soccer player dribbling their ball passes the ball through their legs, they can then place their soccer ball on the floor and carry-on dribbling again. If this is too hard players can instead be freed by a high five.

Coaching Points:

- Take small touches so that the ball is close to their feet at all times.
- Be able to switch the pace when needed.
- Try to get the players to dribble with their heads up.



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Soccer Knockout

Set up:

- 10 x 10 yard area (Depends on the number of players you have)
- 1 soccer ball per player

Instructions:

Set up your area and make sure every player has a soccer ball. The smaller the area the more intense it will be for the players. The aim for the players in the area is to kick other players' soccer balls out of the area while protecting their own. The last player left in the middle is the winner.

When players lose their ball, they stand outside the area. They can do a simple challenge like jumping jacks, sit ups, etc.

Coaching Points:

- Dribble with your head up
- Small touches so it's easier to control the ball and change direction
- Protect your soccer ball by putting your body between yourself and the defender