

U9/U10 Drills--Soccer Dribbling (with skills)

This soccer dribbling drill is really easy to setup but coaches your players some invaluable lessons. As your players get older they will become more confident with the ball at their feet and although it is very important to coach players how to pass, it is equally important that they can dribble with the soccer ball at their feet.

Preparation

Take a look at the diagram below. This drill is really easy to setup, all you will need is a soccer ball for each player and a cone for each player. There are a few progressions on this drill which will require some additional items (such as a goal) at a later stage - see below.



Explanation

The players will have a chance at practicing skills in a non-competitive environment. This will allow them to become better at skills such as the 'Step and Push' and the 'Scissors'.

This soccer dribbling drill is a way for the players to get creative with tricks and skills. Get the players to focus on the cone being a defender and they should use a skill to get past the cone.

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Progression

As you can see from the diagram, you can add a goal at the end which the players can shoot at from different angles after they have completed their skill to get past the cone. If you have a goal-keeper this drill is good practice as there will be lots of shots on goal from many different angles.

Another progression can be to replace the cones with actual defenders. Make sure the defender does not move or tackle the player to begin with and then once the player doing the skill is more confident they can start to tackle as normal.

If the player is skillful enough to get past their defender, they are rewarded by having a shot on goal. If they score as well, then you might have a good player on your hands!

Coaching Points

-> Make sure the players are coached how to do the 'Step and Push' skill: This is the simplified version of the 'scissor' soccer skill which you will learn later. This is one of the easiest skills to learn but is also the most widely used by amateurs and professionals alike. You make the opponent believe you are going one direction and then push off and go in the other direction.

For beginners, it is best to practice this skill with a static ball. Stand with the ball slightly in front of your feet. With your left foot, step to the side of the ball and leave a gap between your foot and ball. With the balance on your left foot, move your right foot between your left foot and the ball and push the ball with the outside of your right foot in a diagonally forward motion to the right.

**When you step, make sure your body weight falls on to that leg enabling you to spring in the opposite direction. You could even point with your left arm **

For advanced players this skill must be performed at pace whilst dribbling with the ball. Firstly, read the beginners version above to get a grasp of how this skill works. You will need to dribble with the ball first as if your running at an opponent. Then when you are about a meter away from your opponent jump on to your left foot, with your body low and make it seem you're going to the left. Then push off to the right using the outside of your right foot to take the ball with you and past the player.

-> Make sure little touches are used when approaching the cone

-> Remind players how important it can be in a game to use skill effectively to get past a defender