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Fun Soccer Dribbling Drills Your Kids Will Love!

First of all, I'd like to thank you for being a patient subscriber. I know I've been a little "quiet" lately and that my weekly "Expert Soccer Coaching Tips" newsletter has not been that "weekly" at all. 😊 But there's a good reason for that (and I'll tell you about it in the next weeks...)

The good news is that I'm back... and my newsletter will be published every week, like clock work - I promise! 😊

So, with that said (and before you fall asleep), let's dive in...



Soccer is a team game and a team game always requires a team effort. Every member of the team must play a good team player's role to make their team a great team. So do you see, in soccer how important the word team is in a game like soccer?

But today, I will talk about dribbling, which is not a team activity. 😊

Any game without fun can be boring. Same is true with soccer, especially when you are coaching youngsters. So, you must include some fun games to make the young players learn essential dribbling techniques while having fun (so, here is one more thing coming out to be an important element of soccer...fun!)

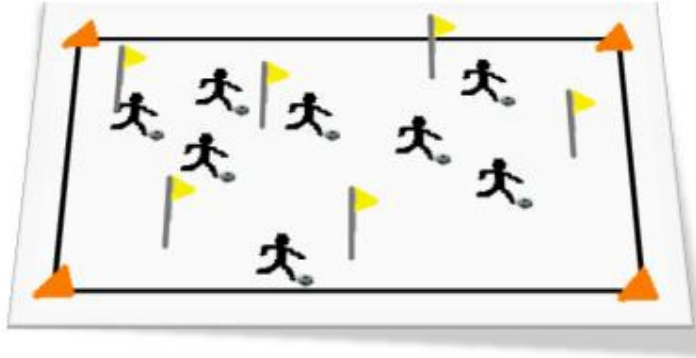
Following are a few games that are designed for improving the dribbling skills of the young players while keeping the drills enjoyable, unique and free of dullness and monotony.

Here we go with game #1.

The Flag Game

The flag game is one such soccer drill that will help your young players to focus on learning to dribble when there is very less space to move forward. This game will teach them how to be

aware of the surroundings so that no opponent can siege the ball. So, the players learn that how to keep their eyes moving while not letting the ball go farther from them.



Setting up the game:

- Create a grid of approx. 25 X 10 yards.
- Place the flags randomly within the grid. There must be a reasonable gap between every two flags so that a player can move with ball through the flags.
- Keep two flags less than the number of players in your team.
- Each player will have a ball.
- Each player will start from within the grid.

Instructions for the game:

- There should be no restriction on the players for dribbling except that no one should go outside the grid.
- Every player must avoid the flags and every other player in the grid. The clutter of other players and flags on the field will help the players learn the skill to keep their eyes on others as well as on the flags on the ground.
- Every time you yell "STOP", each player must quickly run to hold a free flag. (I do not think this needs to be mentioned that the player must not leave the ball.) The player who for the 5 consecutive times reaches the free flag wins the game.

You can also introduce some variations, such as:

- Place just half of the number of flags as compared to the total players.
- Let the losers do some exercises as a punishment. You may ask them to do sit-ups or push-ups.

- Ask the players to use a particular dribbling technique per session.

Some other points for you:

- You must ask the players for constantly looking up for the surroundings when they are not doing this.
- Ask your players to keep the ball as close as possible when they are surrounded with many players and flags. This will help them avoid others while moving forward quickly.
- Keep telling them to use all the dribbling techniques, such as using inside, outside, top, and bottom of their feet. You can also do this session-wise, one at a time.

You cannot ask your players to play the same game every time, so we have another one ready for you.



You Can Call This “Warm-up Dribbling Fun”

This game is bit advanced, so, you must first train your youngsters with the first fun game before coming on to this one. This game is a mix of dribbling training and warm-up exercises. So, you will be able to achieve two goals with one game that too by having fun (the important element...you remember?)

Setting up the game

- Create a grid of approx 20 X 20 yards.
- Make as many as possible two-member teams.
- Each team will have one ball.

Instructions for the game

- For every team, only one player will work at a time. The other one rests.
- Every team will go through three exercises.

- No player should go out the grid boundary.

Exercise one:

As the first exercise the players who are at rest (the ones who do not have the ball. In the game of soccer, ball is the game, so who does not have the ball can take rest) will stand with their legs apart making a bridge. When you allow, the player who has the ball will dribble and try to pass the ball under the bridge i.e. through the legs of any of the standing players and immediately receive the ball at the other end. For every successful attempt, the player manages to get a point. At the end of the game the points of the partners will be compared.



Exercise two:

The players who are at rest (need not mention who is at rest and who will play; of course the one with the ball will play) will lie down on their side. The other one will dribble up to the players who are lying. At this point the player must stop the ball before it touches the one who is lying and flick the ball so that it goes over the lying player. The player with the ball then must immediately jump over the legs of the lying player and collect the ball at the other end. For every successful attempt of crossing the barrier, the player manages to get a point. At the end of the game the points of the partners will be compared.

Exercise three:

In the final exercise, the players at rest (no...not again...I won't mention who is at rest) will lie down while touching the ground only with their feet and hands. So, it will be a human bridge leaving enough space for a ball to cross underneath. Now, similar to the exercise one, the player with the ball will dribble and try to pass the ball under the bridge and immediately receive the ball at the other end by jumping over the legs. For this game again, for every successful attempt of crossing the barrier, the player manages to get a point. At the end of the game the points of the partners will be compared.

Some other points for you:

- Encourage your players not to stop and keep moving.
- Ask them to be aware of their surroundings.

- Players must keep the ball close to them.
- Keep telling them to use all the dribbling techniques, such as using inside, outside, top, and bottom of their feet. You can also do this session-wise, one at a time.

Hope you and your boys enjoy these games and at the same time improve on their dribbling skills. As is obvious, these games will also develop team spirit, camaraderie, and sense of competitiveness among the players all of which is essential to make a winning team.

Leave your comments and let me know what you think...

Yours in soccer,

Andre

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