

# Soccer Dribbling Session for Quick Feet



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# Soccer dribbling warm up

**Time:** 10 minutes

## **Set up:**

- 2 4x4 yard squares
- 1 soccer ball per player
- 2 pinnies for taggers

## **Instructions:**

Create your 2 4x4 yard boxes 6 yards apart and place a tagger in each box.

Divide the rest of your players equally into the the 2 boxes with a soccer ball each.

The taggers must try and tag the players with the soccer balls who are in their box.

If a player gets tagged they take their soccer and dribble to the other taggers box.

The winner is the tagger who has the least amount of taggers in the area at the end of the time limit.

## **Coaching points:**

- Small touches, keep the soccer ball close to you
- Quick changes of direction
- Dribble with head up

## **Questions that can lead to coaching points:**

- What kind of touches do we want to take?
- How can we get away from the tagger?
- How do I know what is going on around me?



# Quick feet Technical soccer activity

**Time:** 20 mins

## **Set up:**

- 4x4 yard square per pair
- 1 soccer ball per player

## **Instructions:**

Set up your 4x4 yard with your players on opposite corners with a soccer ball.

The players must try and catch up and tag the player in front of them or over take them while dribbling around the square.

Players are not allowed in the middle of the square.

If they manage to do this they will get one point.

Here are the different variations and directions you can use for players to travel round the square:

- Using their left foot only travel anti clockwise round the square
- Using their right foot only travel clockwise round the square.
- While facing only one direction travel clockwise/ anti clockwise using box kicks
- While facing only one direction travel clockwise/ anti clockwise using box kicks
- Using only toe taps while facing one direction travel clockwise/anti clockwise
- Only using the sole of your left foot travel clockwise round the square
- Only using the sole of your right foot travel anti clock wise round the square

## **Coaching points:**

- Small quick touches while going round the corners of the square
- Accelerate into the space after going round the corner
- Keep your head up.

## **Questions that can lead to coaching points:**

- What kind touches can we take so we can get round the corner quicker?
- What touches can we take when we come round the corner?
- Where should I be looking when I am dribbling?



## Quick feet soccer progression

**Time:** 25 minutes

### Set up:

- 4x4 yard area
- 1 soccer per pair
- 1 tagger per pair

### Instructions:

The set up will be the same as the previous activity.

However this time only 1 player will have a soccer ball and the other player will be the tagger, the players can now travel in any direction.

The tagger must try and tag the player who is dribbling the soccer ball, they will have 1 minute to try and tag the player dribbling the ball as many times as they can.

Every time they do this they will get 1 point and play will restart again with players standing in opposite corners.

If the player dribbling the ball does not get tagged in the minute they will get 3 points.

You can create a ladder winner/loser, where the winner will move up a square and losers will move down a square.

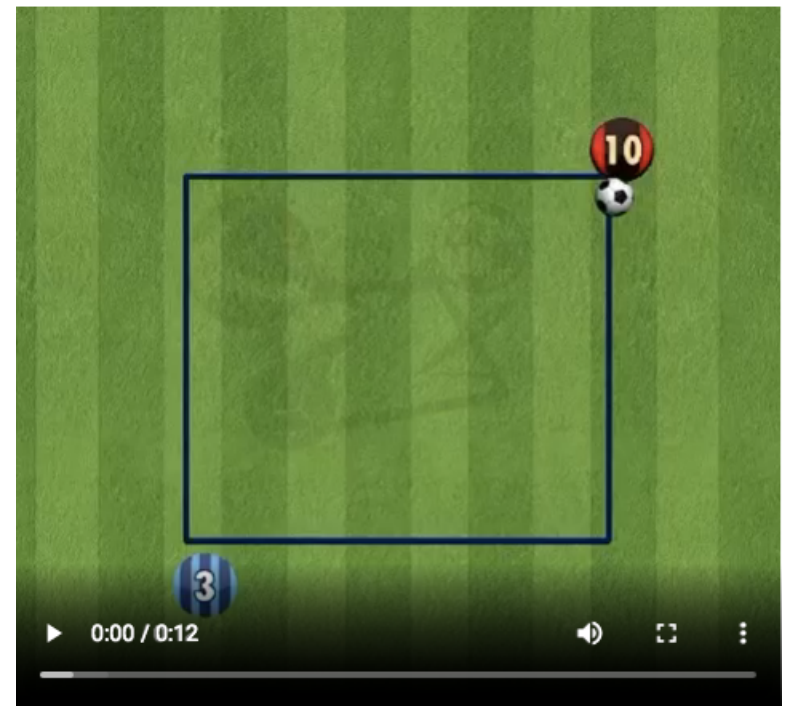
### Coaching points:

- Small touches
- Sharp changes of speed and acceleration
- Keep head up so you know where the tagger is

### Questions that can lead to coaching points:

- What kind of touches would help us get away from the tagger?
- What else can we do to get away from the tagger?

- How do I know where the tagger is?



## Soccer dribbling conditioned game

**Time:** 15 minutes

### Set up:

- Create a 10x15 yard area
- 2 goals
- 1 soccer ball per 4 players

### Instructions:

This will be a 2v2 scrimmage with normal rules with the only change is that kick-ins will replace throw-ins.

However if a player is able to score a goal by dribbling past a defender and score in the same phase of play then that goal will be worth 3 goals instead of 1.

### Coaching points:

- Allow players to play with minimal input from the coach
- Help guide players through mistakes by using questioning.

**Normal scrimmage:** 15 minutes

