

# SPEED DRIBBLING ON A LINE

## STAGES COVERED BY ACTIVITY

Stages 2, 3, & 4 - 6-14 year old players

## THEMES & COMPETENCIES

### Theme:

- + Transition and attacking rhythm
- + Counter attacking and finishing breakaways

### Competencies:

- + Individual attacking
- + Running with the ball

## WHY USE IT

This activity helps teach the proper technique for dribbling into open spaces at maximum speed while retaining control of the ball.

## SET UP

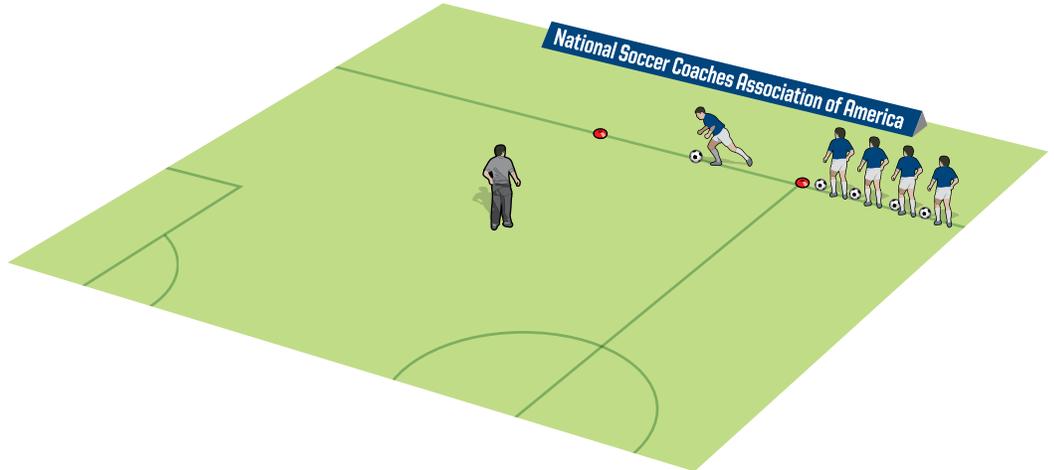
Players line up at one end of any long line marked on the field (such as the top of the penalty area, or the halfway line). Each player should have a ball.

## HOW TO PLAY

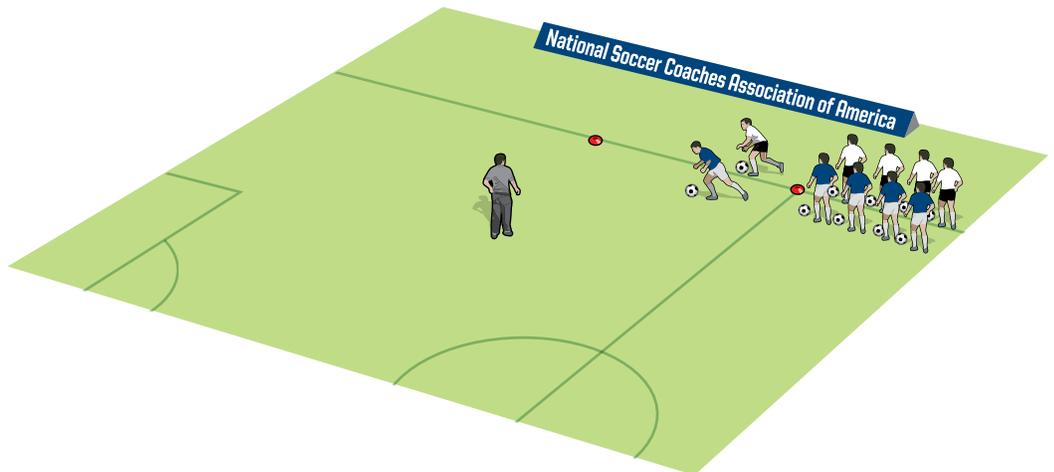
On the coach's command, the players dribble as fast as possible straight ahead, using the line on the field as a guide.

## COACHING NOTES

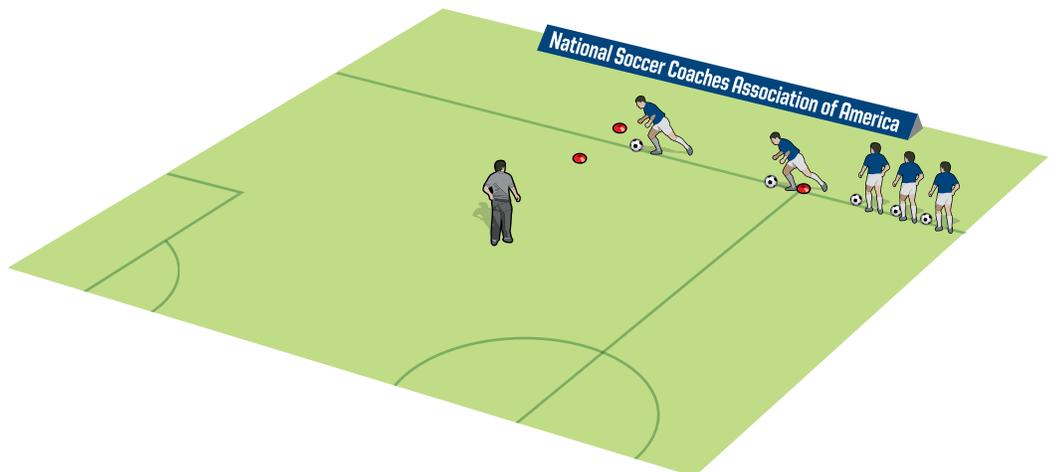
- + Coaching objectives - The objective is to maximize their dribbling pace, so players should take several steps between each touch on the ball. They should also strike the ball firmly with either the laces or the outside of the same foot each time to keep the ball moving in stride.
- + Coaching tip - Use the existing field markings to see how straight each player can dribble on a sprint.
- + Adaptation - Add a small cone gate 20-25 yards away from the starting point, and challenge players to dribble through the gate using exactly three touches.



- + Use a "big" first touch to cover 6-8 yards before taking a second touch on the ball
- + The next player begins once the previous dribbler is 6-8 yards ahead



- + Players can race side-by-side to add competition to the activity



- + Add a gate to represent a target zone for the dribbler to attack
- + Give each player six attempts to reach the gate in exactly three touches
- + Keep score!

