LINE DRIBBLE

STAGES COVERED BY ACTIVITY
Stages 2 & 3- 6-11 year old players

THEMES & COMPETENCIES
Theme:
+ Dribbling and turns.
+ Passing and receiving.
+ Attacking as an individual.
+ Defending as an individual.

Competencies:
+ Dribbling basics.
+ Turning basics.
+ Feints and dribble.
+ Beating an opponent.
+ Escaping an opponent.
+ Passing over a short distance.
+ Receiving the ball with the feet.
+ Shooting technique.

WHY USE IT
This game is designed to give players repetition using moves to beat a defender.
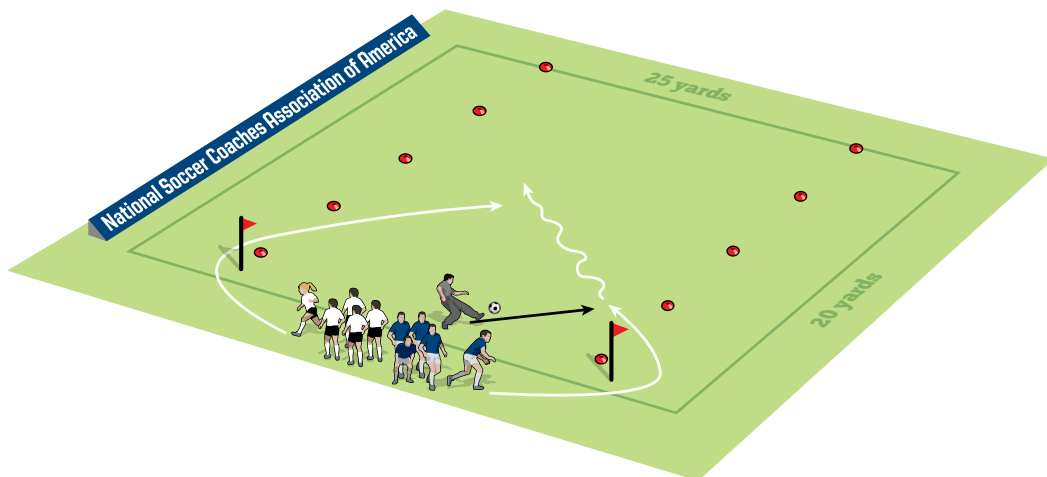
SET UP
20x25 playing area marked with cones in the corners. Cones are also laid 5 yards off each end line to create end zones. Flags are also placed 10 yards from the center of the sideline where the coach stands. Players are split into two teams of six and each team wears a different colored vest. The coach is on the touchline with all the balls.
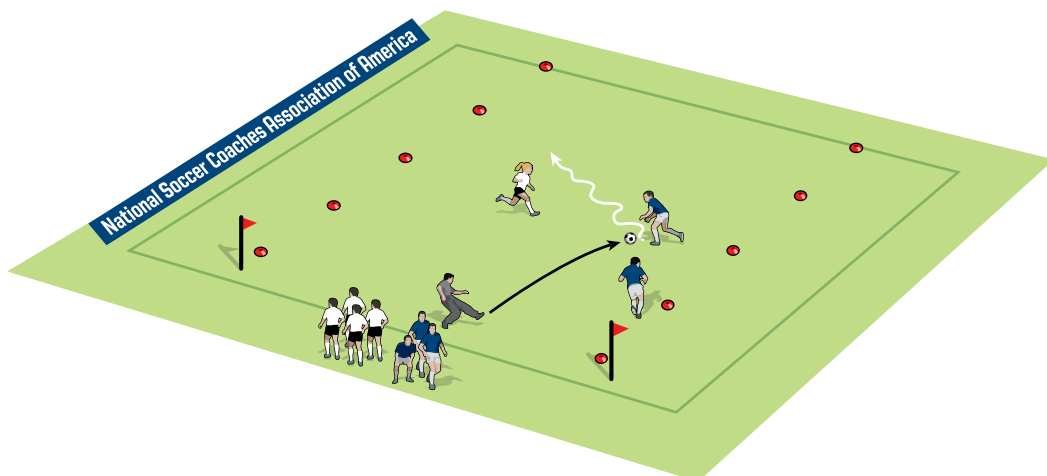
HOW TO PLAY
When the coach says, "Go" the 1st person in each line must run down to the flag on their side before entering the field. The coach plays a ball towards 1 player to create an attacking advantage. The player must dribble to the opposite end zone and stop the ball for a point. If the defending player wins the ball, she can score at the opposite line.
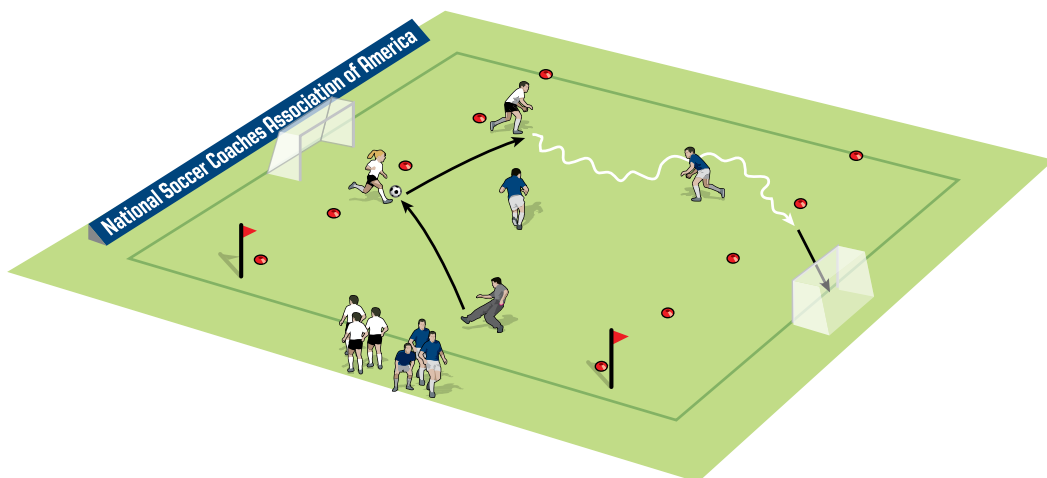
COACHING NOTES
+ Main coaching objectives – players need to make a good first touch and attack the defender at speed.
+ Coaching tips – if the groups take too much time you can play a 2nd ball out for the next group to play simultaneously.
+ Adaptations – start to add numbers to the activity to create 2v1, 2v2, and 3v2 games

+ Coach says "Go" and first person in each line runs around their flag.
+ Player who last touched the ball brings it back to the coach.

+ Coach can now call out more than one player from a team. Ex. "2 blue and 1 white."
+ Have players leave the ball if it goes out of bounds or if they score.

+ Add a small goal at either end.
+ The coach can coach the players while they wait in line to play.

National Soccer Coaches Association of America

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