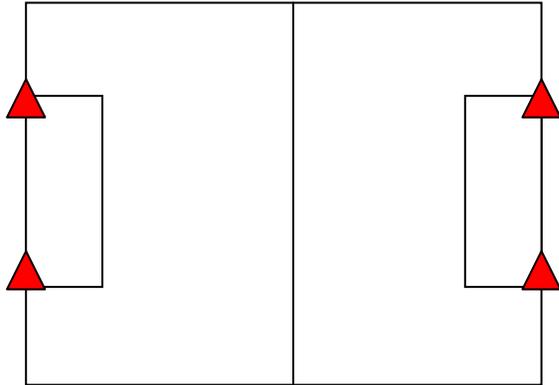


Fergie's Soccer Academy Recreation Program

Dribbling and Turning

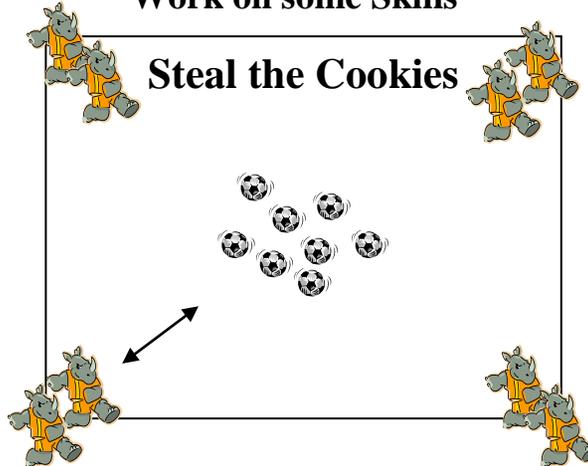
K –3rd grade

Game Start with a scrimmage



Area 25 x 15
Small sided game 3 v 3 / 4 v 4
Free play
10 minutes game / stretch

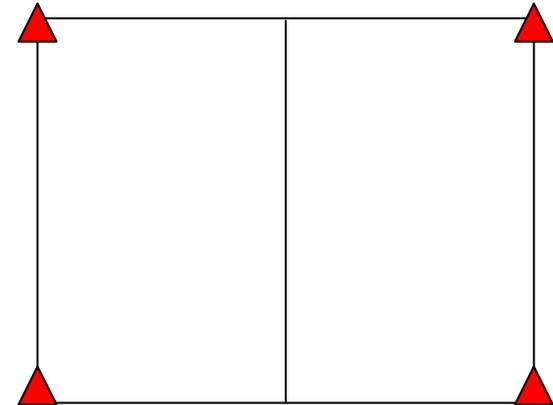
Activity Work on some Skills



Steal the Cookies

Area 20 x 20, Good supply of soccer balls
2 or 4 team's placed in each corner
2 / 3 / 4 players on each team
All Soccer Balls Placed in Middle of area
1 player each time goes and collects a ball
Team with most balls' wins.

Game Then play a Scrimmage



Area 25 x 15
Small sided game 3 v 3 / 4 v 4
To score dribble or run the ball across the
end line.
The Goals are the width of the field

Coaching Points

Dribbling

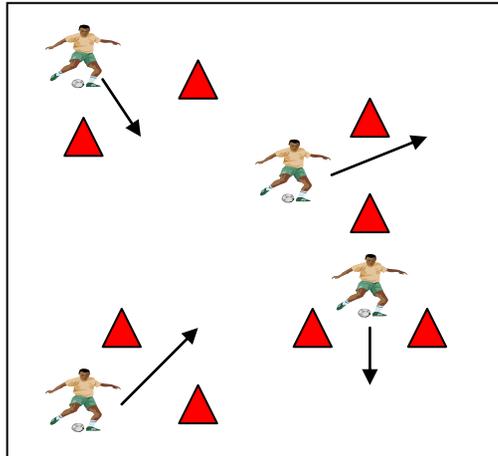
- Close control
- Good Technique , inside and outside of the feet
- Change of speed / direction

Turning

- Turn with Big Toe (inside cut)
- Turn with Little toe (outside cut)
- Turn with Sole of foot (bottom of foot)

FSA Recreation Program
Dribbling and Turning Game Activities
K – 3rd Grade

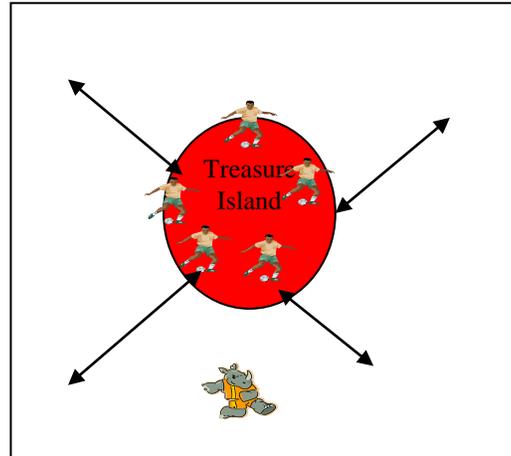
Candy Land



Organization

Area 30 x 20 or adjust for appropriate # of players
 Each Player has a ball and has to run through as many candy stores as they can.
 Cones are candy stores.
 Dribble / Run using both feet
 Dribble / Run using right foot
 Dribble / Run using left foot
Add Store Keeper's in between each cones who try to stop players going through the candy stores.
Option:
 Each Cone is a candy store and they have to dribble all the way around the cone

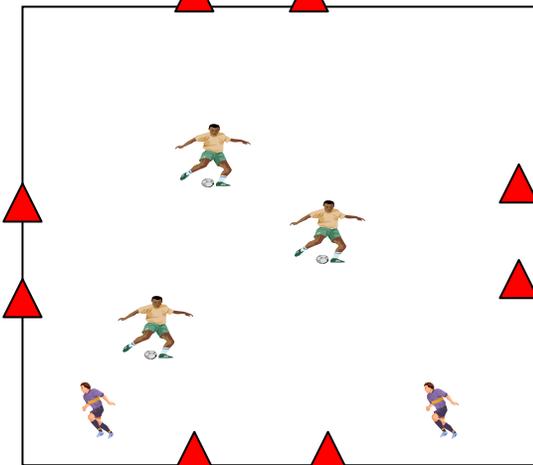
Treasure Island



Organization

Area 40 x 30 with an island 10 x 10 in the middle
 Each player has a ball and starts inside the island
 The coach stands on the island and throws out the balls.
 On the coaches command they have to retrieve their balls and come back to the island.
Progression:
 Add a Player / Coach who is on the outside of the island and has to try and stop the players getting back.

4 – Goal Game

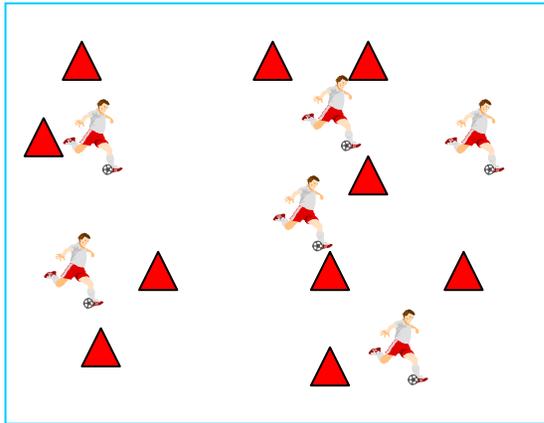


Organization

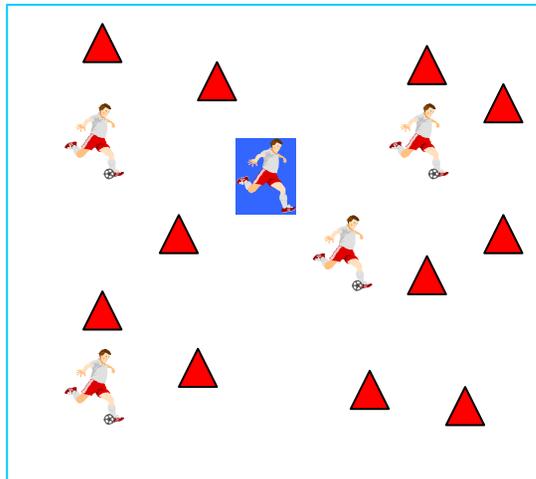
Area 40 x 30
 4 goals placed around the field
 Play 3 v 3 and score through any goals.
Progression:
 Add a goalkeeper in each goal.
 Score on any goal

Objective: To improve player's Technical ability at Dribbling and Control.

Activity 1



Activity 2



Warm Up Area 20 x 20

- Players Dribble around using inside and outside of the feet, introduce sole of the foot to change direction, stretch.

Activity 1

Goal Master 1

Area 20 x 20 Goals 5 yards apart Each Player has a ball
Each Player has 1 minute to see how many goals they can score by dribbling through the goals.

Progressions: Players can only use their right foot.
Players can only use their left foot.
Players have to change direction every time they go to a goal using bottom of foot

Activity 2

Goal Master 2

Area 20 x 20 Goals 5 yards apart each player has a ball.
Same organization as Game 1

Add 1 Defender who tries to throw the red players balls out of the area, Each player has 30 seconds to 1 minute to try and dribble through as many goals as they can, avoiding the blue defender. If a Player's ball gets thrown out, they have to return as quickly as possible and resume playing, Change defender after 30 seconds or 1 minute.

Progression: Add more defenders
Defender tries to defend all goals

Coaching Points Players are focused – Observe dribbling technique – keeping close control – use of both feet – keeping their head up – good balance / rhythm and flexibility of movement – Awareness of space to attack – Awareness of other Players – Awareness to change direction and using the appropriate technique.

Objective: To Improve Players Technical ability at Dribbling and Control, and Awareness of space.

Game 1

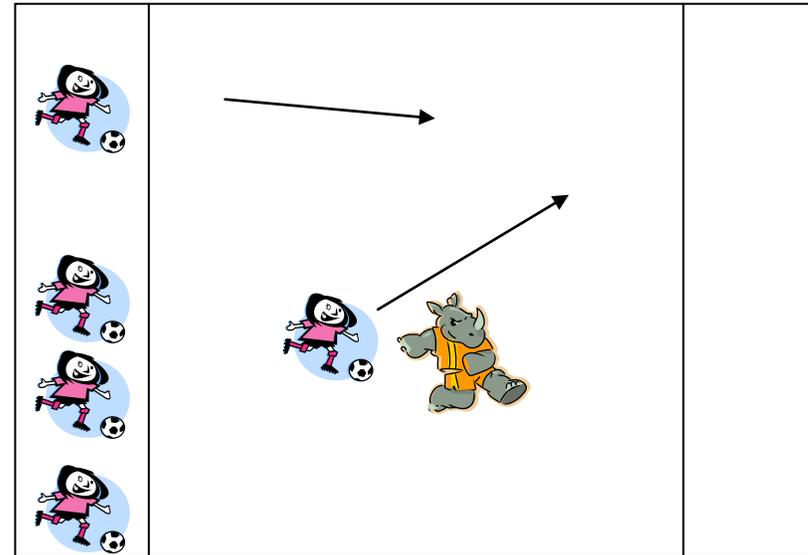
Jurassic Park



- Each Player has a ball
- Area 20 x 20
- Coach tries to capture player's ball and throw out of area.
- Players have to bring ball back as quick as they can
- Play for 1 minute, players who survive in the area are winning players , Then Repeat

Game 2

Across the Mississippi



- Each Player has a ball
- Area 20 x 15
- Players start on a line, On Coaches Command they have to get across the river without losing their ball.
- If they loose their ball they help the coach in the middle.
- Players in the middle are siting down.

Key Coaching Points

- Keep Head UP , Be Aware of the Dinosaur
- Keep Ball Close , Good Control , use of inside / outside / sole of foot to change direction
- Look for change of speed to get away , Run into spaces , not other players

FSA Recreation Program Dribbling and Turning

Stuck in the Mud:

Objective: To Improve Players Dribbling and Turning Technique

Area 20 x 20 (OR appropriate size for # of Players)



Organization:

Each Player  has a ball and has to dribble around in the area, there are 1  taggers who have 30 seconds to try and tag as many players as they can. If you get tagged you have to stand with your legs open and put the ball above your head. The other players have to dribble the ball through your legs then you can go free. Rotate tagger after 30 seconds.

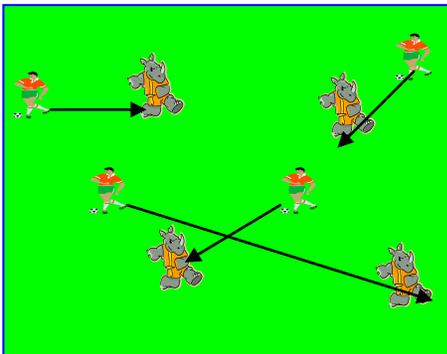
Variations on game:

1. Each player has a partner;

One player dribbles around while their partner stands with the ball above their heads. The challenge is to go through as many players' legs and beat your partners score.

Team Stuck in the Mud

Area 20 x 20 (OR appropriate size for # of Players)



Organization:

2 Teams

Team one team Stands with there legs open, Team two has 30 seconds to go dribble through as many players legs as they can.

After time has expired they count how many they have, Team one then tries to beat that score.

Variation: Players have to pass the ball through the legs.

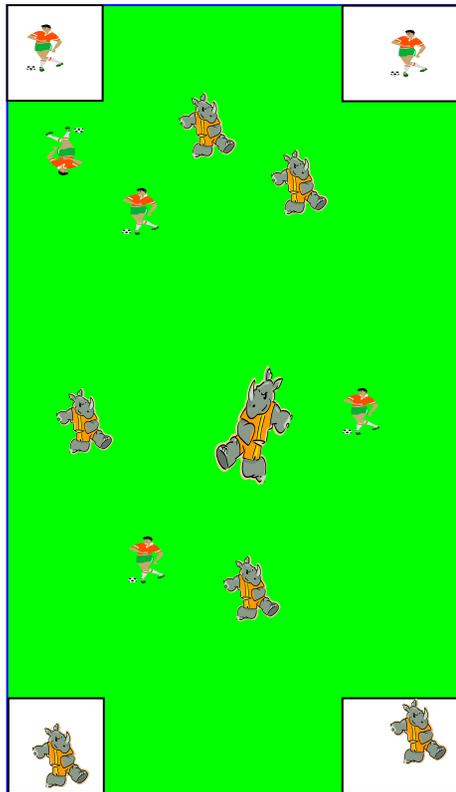
Coaching Points: Good Balance and Proper Technique, using inside and Outside of the foot, Change of Speed, Change of Direction, using inside cut, outside cut, bottom of foot, keep Head up, Vision and Awareness of Space.

FSA Recreation Program

Doctor Doctor

Objective: To Improve Players Dribbling, Turning and Passing Technique

Area 20 x 20 (OR appropriate size for # of Players)



- 2 teams of equal numbers, One team of parents , One team of Kids
- All the kids have a ball
- Parents don't have a ball
- Each team(kids and Parents) have to assign a doctor who stands in the hospital in the corners
- The Players in the middle try and tag the parents by passing the ball against there legs,
- Parents try to tag the kids on the back,
- If a player tags a parent , the parent has to sit down and ask for help from the Doctor
- The Doctor then has to come out of their hospital and tag there injured player, to free them. When a doctor is out of the hospital players can try to tag them.
- If a parent tags a kid , the kid has to sit down and ask for help from the Doctor
- The players have to tag all of the Parents and the parent doctors to win the game.
- Time how long it takes, then reverse roles.

Coaching Points: *Good Balance and Proper Technique, using inside and Outside of the foot, Change of Speed, Change of Direction, using inside cut, outside cut, bottom of foot, keep Head up, Vision and Awareness of Space.*

FSA Coach / Player Development