



## FREE DRIBBLE

### Emphasis:

This is a fun soccer game that allows players to gain confidence in dribbling while getting lots of touches on the ball.

### Game Info:

This is for ages U6-U10. It is best run with at least 4 players but no more than 20 players. The game should be run approximately 10 minutes on a small field.

The coach will also make sure they have the following equipment: cones and alternate jerseys.

### Setup:

Build a grid that is approximately 20X20 (or larger depending on the number of players involved). Each player should have a ball.

### Instructions:

Have players dribble the ball, freely, around the grid initially, using as many parts of the foot as possible, and practicing the moves they know. The coach calls out moves or changes in direction and sets the pace as the manipulator of the game.

Players move toward another player and try a move to get around them.

### Progression:

- Players exchange balls with other another player and keep on dribbling
- Assign players, without a ball, to put pressure on the players with a ball
- Make the game a knock-out game in which players knock each other's balls out of the grid, while maintaining possession of their own ball.

### Coaching Points:

- Players on the balls of their feet for quicker movement
- Head up where they can see the ball and other players
- Close control of the ball
- Use multiple parts of the foot to advance the ball
- Anticipate the move around the other players