



Week 1B Dribbling

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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What Time Is It Mr Wolf (10 mins)

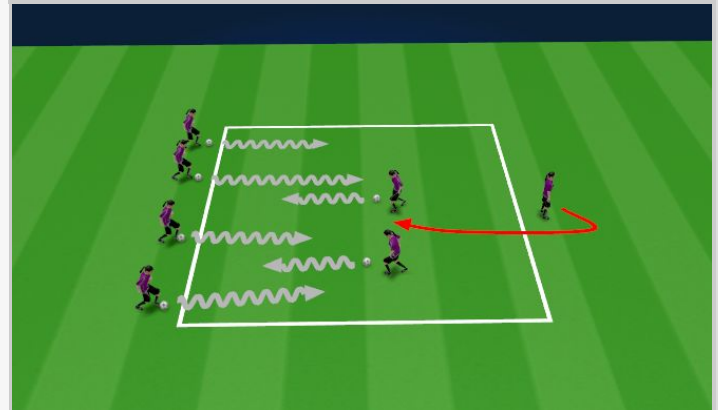
First Activity: What Time Is It Mr Wolf

Theme: Dribbling

Set Up: 12 by 30 Rectangle

Time: 8-10 minutes

Coach should be first Wolf. Players on end with a ball. Players call out "what time is it Mr Wolf", Wolf yells a number and the players take that many dribbles, this repeats until Wolf responds with "Lunch time". Lunch time triggers the Wolf to chase down players trying to win their soccer balls. Players that lose their ball become another Wolf, play until last player standing loses their ball. Coach can appoint new Wolf or allow the Winner to be the Wolf. Coaching Skills: Close dribbling forward, turning with ball, bigger touches when running with the ball. Shielding when defender engages. Wolf: Chasing down attackers, winning 1v1 battles.



Scoring Race (10 mins)

Second Activity: Scoring Race

Theme: Dribbling to Score

Set Up: 15 by 10 Yards, Goal

Time: 8-10 minutes

***No goalies as two players are shooting at a similar time.

Players are set up in two teams, first two dribble to goal and must first get past the cones to score. First team to score gets the point, first team to 5 wins. Race again.

While players are waiting they can be working on ball skill, toe taps, pendulum, rolls, pullbacks.

Coaching: Skill work, encourage left foot use, bigger touches to run with ball.

