

Lesson: Dribble and Pass
Age: U9

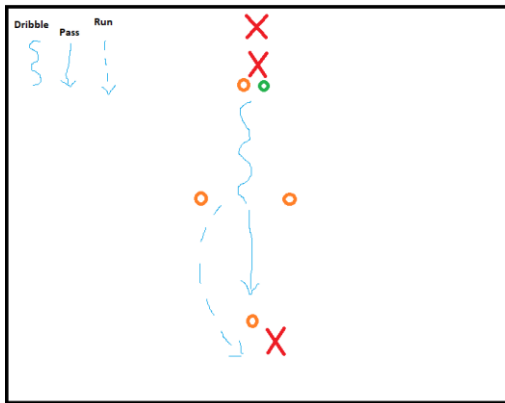
Activity: Dribble and pass straight

Set-up: Place two cones 8 yards apart. In the middle place two cones 2 yds apart. Create enough for 3-4 players at each setup divided amongst the 8yd cones. One ball per line with extra balls waiting in case of a really bad pass.

Directions: Player will dribble the ball to the gate, once at the gate they will use the inside of their foot to pass the ball to the player in the opposite line and then run to the back of the opposite line. That player will dribble back to the gate and pass to the next player. This should be very repetitive with coaching of the inside fat part of the foot when passing.

Emphasis: Quick dribble
Fat part of the foot when passing

Cue Words: Quick touch
Fat Part of the foot



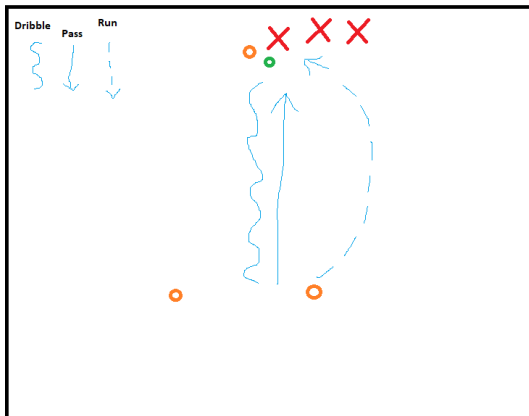
Activity: Dribble Turn Pass

Set-up: Place two cones 2 yards apart, place a third cone 4 yards away making a triangle shape. Two or three players on the cone 4 yards away. One ball per setup with extras to the side for bad passes.

Directions: Player will dribble the ball to the gate. Using the inside, outside or sole of the foot they will turn the ball back towards the line and pass it to the next player. Then run back to the end of the line. The next player will then go. This should be very repetitive with coaching of the inside of the fat part of the foot.

Emphasis: Quick Dribble
Sharp turn (energy and quick)
Fat part of the foot to pass

Cue Words: Quick
Sharp Turn
Fat Part



Activity: Dribble and pass sideways

Set-up: Create a square 8yds by 8 yds. Place one cone in the center of the square. One cone should have at least two players. Depending on your numbers avoid having more than two cones with two players. If you have smaller numbers this can be modified to a triangle. One ball per grid.

Directions: Player with the ball will dribble to the center cone, then pass the ball to the player to the cone on the right. They will then run to the line they just passed the ball to. The next player will repeat the process passing. Allow the ball to travel around the grid several times and then switch passing direction.

Emphasis: Quick dribble

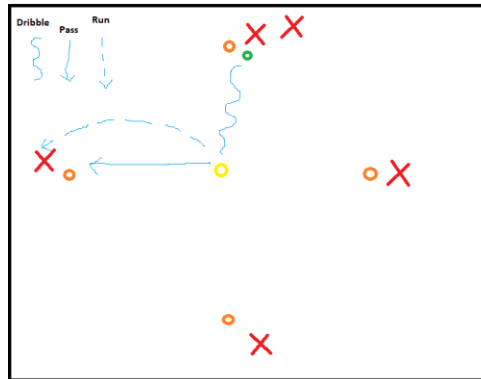
Fat part of the foot when passing

Turn the whole body to pass

Cue Words: Quick touch

Fat Part of the foot

Turn the hips to pass



Activity: 4v4 or 3v3 play

Set-up:

Directions:

Emphasis:

Cue