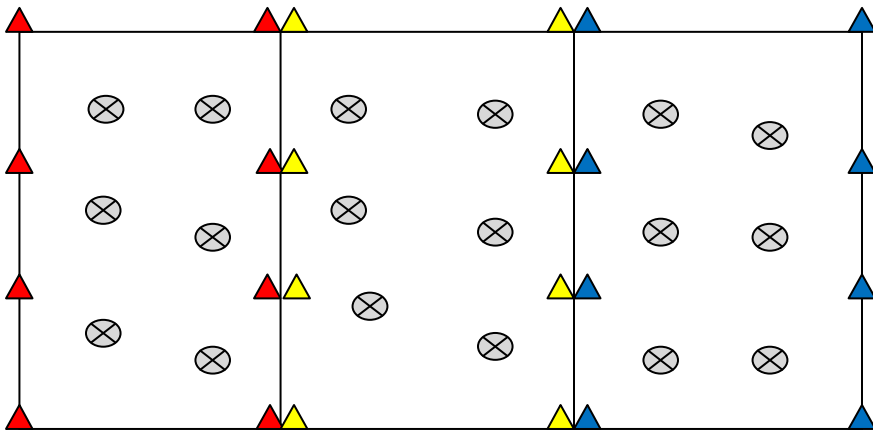


Viterbo School of Excellence – Sample Coaching session – Dribbling “warm up”

Learning Outcome: For players to learn the basic techniques for dribbling and changing direction

Format: Each player has a ball and dribbles around the square looking for spaces and avoiding each other



Coaching Points:

1. Correct technique: inside / outside of the foot
2. Small touches to keep the ball close
3. Looking up to find spaces and to avoid each other
4. Travel slowly at first but do not walk

Q. What part of the foot should we use to dribble?

A. Inside and Outside of the foot (big toe / little toe)

Q. What should we be looking for?

A. Spaces and other players

Q. How can we avoid bumping into each other?

Progressions: Cones can be placed around the playing area. The players should look up to find the cones and dribble around them.

1. Looking for a cone that no other player is at
2. Smaller touches and slow down when turning around a cone

→ This makes a good warm up session and can be used to teach more advanced techniques as the players develop

