

“Bang and Rotate”

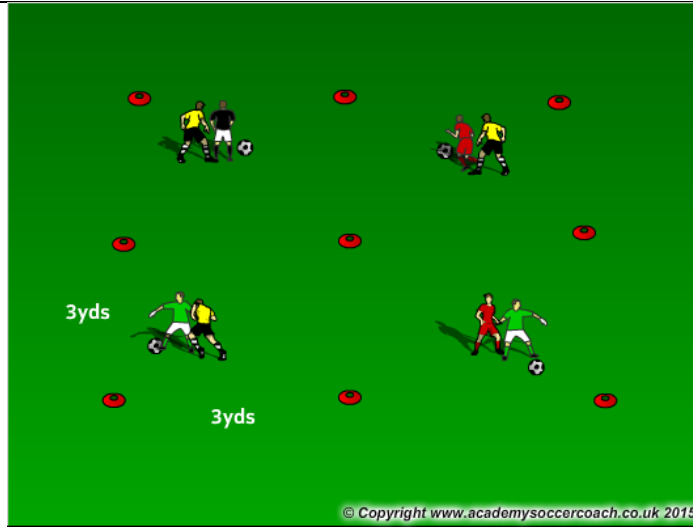
East Central Soccer District Academy Curriculum

Curriculum Topic: Dribbling

Primary Objective: To teach how to effectively shield the ball while dribbling under physical duress.

Duration: 10 minutes

The Basics



Organization

3yd x 3yd cone grids for as many pairs of players as your group has.

Split group into pairs, one pair in each grid.

1 ball per pair.

Activity

At coach’s signal, players within the square work to possess and keep ball. Player with ball can only be dispossessed by being physically moved off of the ball. NO foot pokes or other steals using feet.

After 30 seconds, those in possession of a ball stay in their squares. Those without a ball rotate to the next square and challenge that player for ball.

- Encourage players with ball to use body and arms to shield ball.
- Dribblers may need to preemptively lean in to defenders to blunt their physical attack.
- Defenders may not extend their arms in a pushing motion; this would be a penalty in a game. Shoulders, hips, limited elbow use allowed for both those with and without ball.
- Player with the ball must stay in possession of the ball; can’t leave the ball to get physical w/ defender.

Coach Pts

None

Mods

Progression

None