



# “East Bound and Down (Dribble)”

*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** Dribbling

**Primary Objective:** To build confidence in dribbling skills and build familiarity with timing required for effective dribbling moves.

**Duration:** 10 minutes

**The Basics**



## Organization

A 25 yard square grid, with 8 yard square goals or bases at two corners, one filled with balls. Separate group into two teams.

\*\* Especially at U8, divide group so there are more attackers than defenders.

## Activity

At the coach’s signal, the red (attacking) team attempts to score points by individually dribbling balls from the goal in one corner to the goal in the other corner within 2 minutes, using CoS (Change of Speed) and CoD (Change of Direction) moves. The white (defending) team tries to prevent the red team from succeeding. Balls that go out of bounds go back to the first goal to be put back into play. Attacking team wins if they score 10 points in the allotted time. After two minutes, reset and switch roles (attack/defense)

- NO shots, NO passes
- Ball must be stopped inside the destination goals to count.
- Defending team is not allowed inside either goal.
- Dribbling ball into opposite goal counts as one point.

**Coach Pts**

- Players should keep the ball close enough to direct it when in traffic – no kick-and-chase dribbling.
- Encourage “selling” the moves – leans, head fakes, etc
- Encourage players to work on developing 2-3 favorite moves by trying many different moves (pull-back and shield, Cruyff, Step-Over, Scissors, Feint/Cut, etc)

**Mods**

- If attackers are resisting trying any moves, mandate they use a specific move for the next 30 seconds, then switch to another move for the next 30 seconds.
- If attackers struggle to penetrate with their moves, require that defenders start inside the destination goal before each challenge.
- If attackers still struggle to beat defenders, require defenders to hop on one foot when challenging attackers.
- For high-skilled players, require them to use their less-dominant foot for moves.

