



“Explode!”

East Central Soccer District Academy Curriculum

Curriculum Topic: Dribbling

Primary Objective: To practice keeping tight control of the ball, then transitioning to fast movement with bigger touches

Duration: 10 minutes

The Basics	<p style="font-size: small; text-align: center;">© Copyright www.acadmysoccercoach.co.uk 2016</p>	<p>Organization</p> <p>15yd x 15yd grid Coach in middle of grid All players with a ball</p>
	<p>Activity</p> <p>At coach signal, all players begin dribbling as closely to coach as possible, without losing the ball and without bumping into other players (require 5 toe touches (“Hotcha-Hotch”) if a player loses the ball or bumps into another player.</p> <p>After 10-20 seconds, coach yells “EXPLODE!” and each player dribbles as quickly as they can outside the grid, performs a pullback and dribbles back to coach. First to high five coach wins.</p>	
	<p>Coach Pts</p> <p>Encourage players to keep their heads up so they can see and anticipate and avoid traffic. Require different types of touches for each round (inside of foot, outside of foot, laces, non-dominant foot, etc).</p>	
	<p>Mods</p> <p>None</p>	
<p>Prog</p> <p>None</p>		