



# “Move-Dribble-Pass”

*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** Dribbling

**Primary Objective:** To build ball mastery and control with speed

**Duration:** 10 minutes

**The Basics**



## Organization

Multiples of 8yd x 15yd grids (1 grid per 4 players).

Split each 4 player group, ½ at one end, ½ at opposite end.

2 balls per 4-person group.

Cone placed at each endline, another placed 5yds from each endline.

## Activity

1<sup>st</sup> player at each end dribbles to inner (red) cone, executes a move (feint/cut, step over, scissors, etc), accelerates to other inner (red) cone, sends pass to next player in line, who receives pass and repeats the action.

Assign one player counting duty for each group of 4. Each pass the counter makes she must count it off (loudly). After 90 seconds, team with the highest count wins.

**Coach Pts**

- Pretend inner cone is defender. Coach can stand at inner cone to encourage proper timing/distance for player to begin executing move. If player gets too close to cone before beginning move, coach swings leg at ball.
- Encourage positive first touch on ball receipt (ball moving in direction player wants to go).
- Encourage moving to the ball to receive it.
- Encourage communication – call for passes!
- Good passing technique, toe out and up, ankle locked, wide foot to strike ball.
- Encourage receipt of ball with foot opposite of where the ball is coming from.
- Encourage low center of gravity when dribbling/making move, with body over top of ball, knees slightly bent.

**Mods**

- Move inner cone to change distance/position from endline so player’s first touch is modified.
- Change the dribbling between cones from touching the ball all the way to opposite inner cone before passing to only making 2-3 touches after their dribbling move to prepare for a longer pass, to help master “weight” of pass.
- If only 3 players for a group, use 1 ball instead of 2.

**Prog**

Progress through different skill moves. Start with simple and move to complex: cut, feint-cut, single scissors, double scissors, roll-over, step-over, etc