



# Dribbling Practice

**Category:** Technical: Dribbling and RWB  
**Skill:** Mixed age | **Start Time:** 18-Sep-2024 17:40h

**Pro-Club:** FAW Coach Ed  
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## Description

Short Dribbling Practice to convey principles to players and to allow coaches to identify areas in need of work.

## Short Dribbling Practice (20 mins)

**Layout** - As shown.

**Equipment** - Plenty of cones and a football each. Bibs if poss.

**Mechanics** - (1) Keep ball close to feet // (2) Lots of touches // (3) Use different parts of foot // (4) Look up // (5) Changes in direction // (6) Change of pace (more advanced) // (7) Get low to change direction quickly (if necessary).

**Practice:** Players split into two groups in boxes 1 and 2. Challenge players to use different parts of foot e.g. outside of foot and to not collide with others (look up). Reinforce Mechs (1), (2), (3) - to further emphasise (3) players on whistle dribble into opposite area, taking care not to collide with the other team.

**Progression:** Players move into boxes 3 and 4 - dribble through gates then challenge as many gates as possible in 30 secs. Help players with demo to achieve (5) and (6). - Teams keep own score and compete with one another.

