

Soccer Handbook 1.1 - Free Dribble

This warm-up allows players to gain familiarity with the ball. It will help players become more confident and understand both how to manipulate the ball within traffic and develop spatial awareness.

The coach can gain an understanding of individual players' skill levels and allow more skilled players to navigate the area and others, but also help coach the beginners or those less confident on the ball.

This exercise can be used to get valuable touches on the ball, and give feedback and encouragement to build confidence.

(stop every 2-3mins for understanding, encouragement and to increase difficulty, or change things)

Equipment and Setup

- 15x20yd area
- Each player has a ball

Context of the game

Drills and exercises like this are good for building skill but the context of the game of soccer is needed. Dribbling and control are perhaps the most important ball skills in the game, especially for younger players. Changing speed and direction in a dynamic way, as opposed to dribbling in lines is a more game-like and developmental way of exploring the skill

Change the difficulty

As the players become more confident, you can add commands after 2-3 minutes.

- **'FREEZE'** - come to a complete stop by controlling with their foot on the ball.
- **'TOE TAPS'** - lightly alternate feet on the top of the ball. They should touch their foot lightly on the ball so the ball doesn't move and be on their toes. This will help footwork and agility

Soccer Handbook

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