Dribbling with Head Up

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| Warm Up –  Follow the leader | Purpose: Develop balance and coordination and requires players to keep their head up. | Start with no balls and have players follow the coach around the field; fly like an airplane, skip, jump, sit down, hop.  Repeat a second time with a ball at your feet; toe taps, tick tocks, pull the ball backwards, jump with the ball between the ankles etc. |
| Find the coach | Purpose: Encourage players to look up while dribbling. | Each player will have a ball to dribble around the field. The coach will blow a whistle and players must find a coach to give their ball to. The coach will then toss their ball back out and players will continue to dribble. |
| Hold ‘Em Up | Purpose: Dribbling while looking up | Without a ball, each player runs around the field. The coach will hold up an object (different colored cards, shirts, or use fingers as numbers) and on his cue, each player must look up and yell out whatever color or number the coach is showing. After 5 mins have the players perform the same activity with their soccer ball. |
| Circle Cross Over | Purpose: To improve dribbling skills while avoiding contact with other players | Have players begin dribbling in the same direction around the outside of the center circle. On the coach’s signal players attempt to cross through the circle without touching each other. |
| Cats and Dogs | Purpose: Recognizing defenders and dribbling to space | Divide the field in two and place 1 player in the middle without a ball. All other players will have a ball. On the signal all players must dribble to the other end of the field without being caught by the center person(dog). If the dog catches the player(cat) they become a dog until only one player remains. |
| Game |  | 3 v 3 or 4 v 4 depending on number of players. |