

DRIBBLING SKILLS PACKET ONE

Building the Skills and Tactics for Success

When teaching a developing soccer player, it's important to focus on a combination of technical, tactical, physical, and mental skills. Ball control, and dribbling specifically, is one of the most important skills to prioritize.

The following packet of drills and activities provides a complete progression for practicing basic and intermediate dribbling skills.

Although drills are labeled by age group, consider using all activities for your youth soccer team. Begin with the most basic and work your way up through the progression until you find the activity that provides the optimal challenge for your team's skill level.

Ball Control: The ability to control and manipulate the ball with different parts of the body. This skill category includes dribbling, trapping, and receiving passes.

Fundamental Dribbling Coaching Cues:

- **Close Touches:** Emphasize taking small, close touches on the ball to maintain control and maneuverability.
- **Use the Laces:** Encourage players to use the top of their foot, known as the laces, to gain better control and speed.
- **Scan the Field:** Remind players to keep their heads up to scan the field, identify open spaces, and anticipate defenders' movements.
- **Change of Pace:** Encourage players to vary their speed, using bursts of acceleration to beat defenders or change direction quickly.



Inside this Dribbling Skills Packet

Drills and activities are listed in a progression from simple to complex.

DRILL NAME	TARGET AGE
Coach Says	U6 – 8
Driver’s Test	U6 – 8
Follow The Leader	U6 – 8
Red Light, Green Light	U6 – 8
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Scramble	U9 – 11
Shark Attack	U9 – 11
Soccer Freeze Tag	U9 – 11
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One Foot Tight Slalom	U12 – 13
One Foot Big Slalom	U12 – 13
Stay In Your Lane	U12 – 13
Stop On A Dime Challenge	U12 – 13