## GOAL: Improve the techniques of dribbling

### Key Qualities: Take initiative, be pro-active

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<th>Age Group</th>
<th>Team Tactical Principles</th>
<th>Pass or Dribble Forward</th>
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## PLAY - SMALL SIDED GAMES

### Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.
**Organization:** Set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game or multiple 2-3 minute games)
**Rules:** The ball is given to the first player with his/her pinny on to start the game. Local rules apply.

### Frozen Tag:
**Organization:** In a 15Wx20L grid, the coach with select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their ball around the grid. The Freeze Monsters will try to tag the dribblers with their hand. Once tagged, the dribbler is frozen and must stay still with their ball over their head. To get unfrozen, a teammate can pass their ball to hit their shin or pass through their legs. (Play for 9 min - 6 intervals of 1 min with 30 sec rest between intervals).
**Rules:** Play begins when coach says, "beware of the Freeze Monsters". Dribblers must stay within the grid. If their soccer ball leaves grid, have the player bring it back to where you came from if it is safer.
**Key Words:** Us the bottom of your foot to turn and change direction.

### Troll Hunters vs Bular the Troll:
**Organization:** In a 15Wx20L grid, each player gets a partner and 1 soccer ball to share. Play a 1v1 game. 1 player is a Troll Hunter & attacks an end line and their partner/opponent Bular, the Troll, who attacks the opposite end line. All pairs play at the same time. (Play for 7 min - 7 intervals of 20 sec with 40 sec rest between intervals).
**Rules:** play begins as soon as the player with the ball puts their first touch on the ball. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 20 seconds. Players must stay within the grid.
**Key Words:** Dribble forward to go by your opponent. Move the ball side to side to get around them.

### Troll Hunters vs Bular the Troll:
**Answers:** 
- Do the players try to dribble like they are supposed to pass. Let them know it is ok to dribble whenever they can.
- Where should you go see space behind your opponent?
- Sometimes the players think they are always supposed to pass. Let them know it is ok to dribble whenever they can.
- Look for a path to the goal then try to get there and score.

## Up to 4v4 Games: Team with the ball attempts to dribble past opponents and score.
**Organization:** In a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)
**Rules:** Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.

## Troll Hunters vs Bular the Troll:
**Answers:** 
- What if the players cannot change direction.
- What can you do if the game is lopsided?
- What can you do if the game is started in 1 minute or less?
- What can you do if the game is lopsided?
- Where should you try to get to when you have the ball?

## Troll Hunters vs Bular the Troll:
**Guided Questions:**
- Where should you try to get to when you have the ball?
- If forward dribbling is dangerous, where can you go instead?
- How do you use the inside or outside of the foot?
- Answers:
- With the ball in front of the player, ask them to try to hit the side of the ball with their pinky toe for the inside or their big toe for the outside.
- Which word do you use to change direction?
- How do you use the inside or outside of the foot?
- Can you change direction?
- How do you use the inside or outside of the foot? Can you change direction?