# Dribbling - Running With The Ball 2

**Category:** Technical: Dribbling and RWB
**Difficulty:** Moderate

Continental FC, Philadelphia, United States of America
Individual-Adult Member

**Description**

Running with the ball at speed to escape pressure and/or attack space

## Dribbling Diamond (15 mins)

**SetUp**

12x25 Areas

**Organization**

In groups of 3-4 players, 1 player at a time dribbles at the diamond. A) Players dribble at the first cone, cutting out left or right before cutting back dribbling to the player on the other side.

**Progressions**

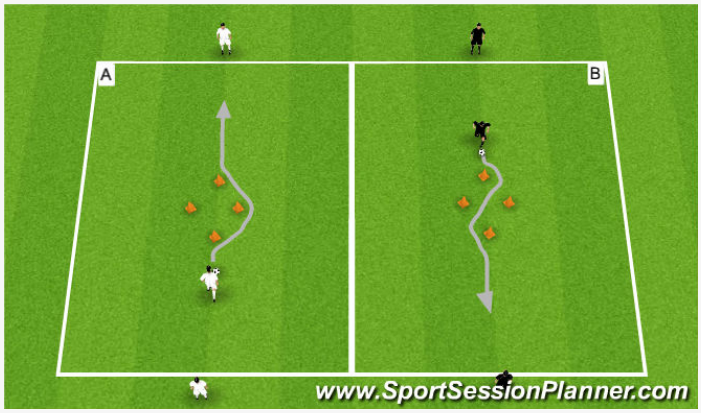
B) Players cut out and through the diamond

C) Players cut out, in and out of the diamond

* Make it competitive - have the players race after each progression

**Coaching Points**

- Accelerating upon receiving the ball using a big first touch
- Dribbling using laces
- Dribble at top speed
- Change direction using different surfaces




## Dribbling Boxes Game (15 mins)

**SetUp**

25x25 Area - 5 Boxes 3x3

**Organization**

Starting with 4 corners boxes, players must get from box (planet) to box to score a point. 3 Players start as defenders. Attackers are safe in each box. (*Must be moving taking little touches in the boxes not standing still). As soon as they see an opening they must dribble at speed to a new box.

**Progressions**

1) Can only score a point from two boxes of the same color - eg, blue to blue.

2) Add red box in the middle and a 4th defender in the box. Players can now score an extra point if dribble through red box.

**Coaching Points**

- Dribble with head up - awareness.
- Look to attack space off the dribble.
- Accelerating with the ball using a big first touch.
- Dribbling using laces.
- Knowing when to shield and keep the ball close under pressure.

## 1v2 Dribbling to Goal (20 mins)

**SetUp**

25x45 Area, full size goal

**Organization**

White players starts as attackers, black and yellow are defenders. The white attacker and black defender start at the same time, the attacker trying to get into the box before the defender can make a challenge. Once in the box the black defender drops off and the yellow defender comes out to defend. White must score on the goal.

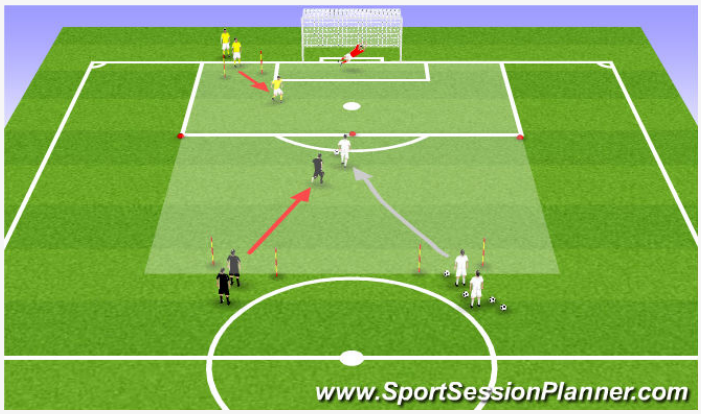
**Progressions**

1) Rotate roles

2) Change sides/starting positions

**Coaching Points**

- Dribbling using laces, bigger touches
- Dribble at top speed
- Dribble with head up - awareness
- Dribble with furthest foot from the defender, using arm/body to shield if necessary

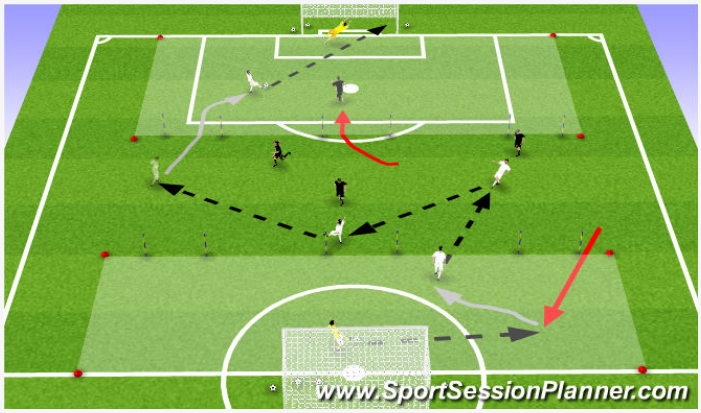


- Change speed & direction when engaging the 2nd defender in the box

## 3 Gate Dribbling Game (25 mins)

**SetUp**

3/4 field, 2 full size goals, 6 gate goals




**Organization**

Teams play 4v4 in the central area. To score the attacking team must dribble through one of the 3 gates, and score on the goal for an additional point. One defender can track the attacker but must run through a gate first. To start an attacking player must check into the zone to receive from the keeper.

**Progressions**

1) One defender may check into the zone to pressure the attacker when receiving from the keeper.

2) Add a permanant defender in the endzone - an additional attacker can join to make a 2v2

3) Lift conditions - play regular rules

**Coaching Points**

- Keep width, switching the ball quickly to the wide players to take advantage of space
- Recognizing the space - when/where to dribble
- Accelerate & attack the space
- Dribbling using laces, bigger touches
- Dribble with head up - awareness
- Dribble with furthest foot from the defender, using arm/body to shield if necessary
- Change speed & direction when engaging the 2nd defender in the box