

This report is a temporary version while we eagerly await John Helsdon's excellent reporting

## **Dribbling Games**

### ***Doug Williamson, Women's Soccer coach at Nebraska Wesleyan***

- ❖ Had some u5-7 demonstrators
- ❖ Avoid drills and lines
- ❖ Use games instead of drills
- ❖ Feelings are very important – have a good time, give them freedom to make mistakes
- ❖ Coaches job is facilitator
- ❖ Kids given freedom to achieve at their own level – no bar of expectation that all must cross
- ❖ Began with a free dribbling game where he asked them to stop the ball with a body part like foot, arm, knee, face, then he used the stoppage to talk to them about whether they could do this in soccer game, encouraged the to keep ball close (1 giant step), stay on the balls (showed them what it was) of feet, touching ball with shoe laces
- ❖ Did some stretches- 1) quads – hold ft with opposite hand, and you can hold earlobe for balance, 2) calf stretch – one foot forward and one back with heel down, 3) hams - cross leg over the other and go down , got them to count to 15
- ❖ Next was dribble and turn with outside of foot
- ❖ New game – dribbling coach calls out a simple math problem the players get together in a group with that number of players and hold up hands when ready
- ❖ Shadow dribble – every body get partner and follower dribbles behind - used questions to get them to tell him that head needed to be up to make it work, if you lose follower let him catch up again.
- ❖ During a stoppage he continued with questions to get them to tell him how to lose the guy behind you (change of direction or change of speed)
- ❖ Zen dribbling – two players one holds hand of partner and tells him where to go to dribble the ball
- ❖ In pairs everybody with a ball, one each in pair is “it”, “it” tries to tag other player while dribbling ball, keep in playing distance, if tagged then try to retag partner, count times you are it
- ❖ Doug emphasized lots of touches in these games while coaches provide instruction for technique
- ❖ Knee tag touch – count the times you touch someone elses knee with your hand. Lose a point if you go out side area
- ❖ Fun note: Uniforms provided by Umbro were huge, obviously for high school age players and it made their knees disappear . Since there were no girls present no one used the roll up technique.
- ❖ Showed them how to use sole of foot and get down low to help control when trying to tag
- ❖ Two lines each with a ball facing each other, dribble to other line and count the times you tag an opponent, he appointed captains whose job was to add up the points, organized the group, be sure each had a ball, etc. Game stops when one team gets all of their players to one side, loser claps for no. of times that they had less touches than other team
- ❖ Hospital tag – hold body part tagged (wound) while dribbling, 3 wounds and you must go to hospital – to get healed to 5 toe taps and then return to play
- ❖ 1v1 – play to cone – score by ball touching cone under control, can't touch cone (Score) if defenders foot is on cone then you can't score on that cone
- ❖ played a “full field” game with restriction that they must dribble 5 touches before you can pass ball ok to shot any time