



# Receiving and Dribbling

**Category:** Technical: Dribbling and RWB  
**Skill:** U10

Pro-Club: Utah Youth Soccer Association  
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## Warm Up (15 mins)

**Set up:** Set up a Grid according to how many players you have. 15x15 for 10 players. Players will each have a ball. On the coaches command the players will follow the instructions. Examples. Dribble right foot only, dribble left foot only, dribble right foot inside outside, same with left, use the sole of your foot only, cut ball back every 5th touch, leave your ball and find a new one. Younger kids. Stop it with your shin, stomach, head ex.

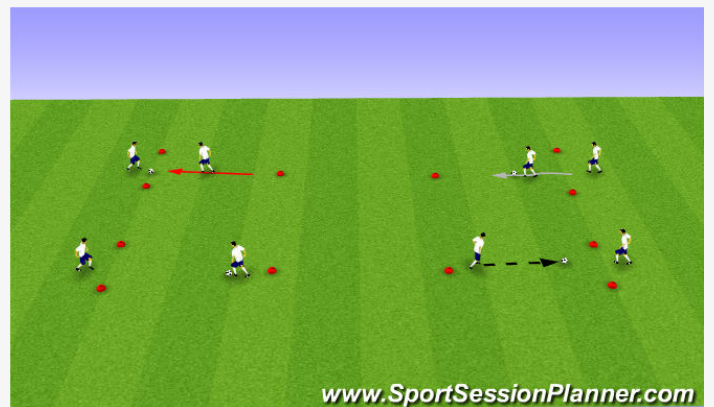
**Coaching Points:** We want the players to get as many touches as they possibly can during the warm up. Adapt according to age. Speed of touches or movement after moves can be increased for older kids. Make sure to not go too quick where they are not getting enough reps on the skills but don't sit on it too long where they get bored. If some kids are more skilled challenge them with an additional objective (closer touches, and extra step over, quick speed out of the move).



## Extended Warm up (15 mins)

**Set Up:** 4-6 lines, 2 people in each line. Start at the gate, dribble out to the cone in front of your group. Once you arrive at the cone turn and play the ball back to the next person in line. Depending on age the cone should be 8-12 yards away.

**Coaching Points:** Teach multiple COD (change of direction) moves. Cut inside, cut outside, pull back, step over, scoop. Coach only when you see positives. If you need a demo pick out the kid who has done the best performance. A proper first touch to set up the dribbling is key in this exercise.



## Exercise 1 (15 mins)

**Set up:** 2 to 3 grids. Set up a gate 20 yards away from the mini goals. This will be the receiving line, line 1. Set up the other line of players 12 yards away from the goal to the side, this will be line 2. Line 2 will play to line 1, after they play the ball line 2 will make a 5 yard sprint around a cone 5 yards up before they can chase. Player 1 is trying to get to the end zone before they can shoot or get caught.



## Exercise 2 (15 mins)

Set up: 20 yards by 15 yards, 2 goals and 2 teams. 1v1 to goal.  
Play the ball in from one team to the next, receive and dribble at the opponent at speed. Switch and the opposite team plays the ball across. Start with 1v1 and then move to 2v1.

Coaching Points: Focus on the receivers first touch, then focus on where they go. How to use your speed and the opponents speed against them. Make sure the players pass into the end zone before shooting.

