Ball Mastery & Dribbling:

* [(7) Soccer Drills: The One-Bounce Juggle - YouTube](https://www.youtube.com/watch?v=c9oB6UkqXRU)

2 minute juggle practice (Allow bounces in between reps)

* [(7) 2 Cone Drills - Ball Mastery - YouTube](https://www.youtube.com/watch?v=6_PouvkFMj0)

The video is the simple, yet a very effective sequence for players of all ages. If you'd like more advanced progressions, search "2 cone dribbling drills" on youtube and you'll find ample amounts of technical variations of different levels.

**Coaching Points:**

- Control & Technique > Speed

- Once the rhythm and mechanics of a skill gets better, speed can be increased.

* [King of the Ring - YouTube](https://www.youtube.com/watch?v=UMPGxVjmxik)

A competitive game that forces players to dribble away from pressure while staying in a contained space. When playing "King of the Ring" designate 2-3 defenders per round. When players get knocked out, set a landmark for them to dribble to before returning back in the game. DO NOT have players actually sit out. Keep them moving and playing. Coaches can also serve as defenders.

**Coaching Points:**

- Keep your ball close.

- Accelerate into open space while staying under control.

- Use your body to protect/shield the ball from defenders.

* [(7) coerver training FC Spartak Trnava U10, U11 - SLOVAKIA - YouTube](https://www.youtube.com/watch?v=kHlE8OFDoOk) – BEGINNER & ADVANCED

A lot of valuable information across different elements of the game.

* 3:30 - 5:00 - Fun Team Building
* 5:00 - 11:00 - Ball mastery. Every player w/ a ball
* 11:00 - 13:30 - passing w/ a partner
* 14:00 - Beyond - Pressured speed dribbling & 1 on 1
* [Youth Soccer U10 Dribbling Drills - YouTube](https://www.youtube.com/watch?v=RukcQggHAZU&t=132s) - BEGINNER

Different dribbling variations using all surfaces of the feet.

**Coaching Points:**

- Control & Technique > Speed

- Once the rhythm and mechanics of a skill gets better, speed can be increased.

- Keep your ball close.

- Work your hardest through every repetition/set. What you put in you get out.

* [Youth Soccer U12 Dribbling Drills - YouTube](https://www.youtube.com/watch?v=XekcKc1pQJo&t=127s) - ADVANCED

An advance level of dribbling skills from the one above. More challenging progressions and obstacles.

**Coaching Points:**

- Get the rhythm and technique of the skill and then increase speed.

- Keep your ball close and controlled.

- Work your hardest through every repetition/set. What you put in you get out.