



Bump the ball

Purpose- To improve dribbling and shielding

Organization

Players partner up into two's. One player picks up a soccer ball and holds it in his/her hands.

The second player places the ball at their feet.

On coaches command the player with the ball at their feet dribbles the ball anywhere in the grid.

The player behind in red throws their ball and attempts to hit their partners ball. Every time they hit their partners ball, they gain 1pt.

Players dribble for 60 seconds and then swap roles

The player who scores the most points wins

Coaching Points

Keep the ball close

Be sideways on and knees bent for a low centre of gravity, to turn and move into space.

Be sideways on so you can see, hear and feel your opponent

As partner is throwing the ball, turn and dribble into space