

DRIBBLING

Grid Training



Grid training is a simple way to train players to become more proficient with their dribbling moves. The setup is simply a square or rectangle that is big enough to accommodate your players and allow them enough space to move around in. The drills usually start with each of the players on the interior with a ball. If you have a large team you might set up two areas and place half your players in each. This is a great exercise to warm up with before each training session or games.

Grid training can easily be adapted to any age group. Adding more complex moves or making the space smaller is one way to challenge more advanced players.

The idea is to have your players move around within the grid performing specific moves. For example, you might tell them to perform a “step-over” and then use a short burst of speed to find empty space. After a couple of minutes of activity the coach should allow them to perform a more stationary activity (juggling) to rest or allow them to stretch before moving on to the next moves.

Possible Variations (these are just a few):

- Younger Players:
 - Tell the players not to touch other players - teaches them to find space
 - Hold up a number with your hand that they shout out as they are dribbling – teaches them to keep their head up (the coach should move around the grid while they are doing this)
 - On your command or whistle: players stop the ball, take a quick look and take the ball in the direction you just came from
 - On your command or whistle have the players touch the ball with a specific body part and then resume dribbling (knee, elbow, nose, etc)
 - The coach shouts out a number and the players shout back the next highest number while dribbling
- Older Players:
 - On your command or whistle have the players change direction with a move (Cryuff, Drag and Turn, etc), make sure they are using different moves
 - Explain to the players the 3 different speeds: 1 is a resting slightly more than walking speed, 2 is a jogging speed, 3 is fast; while they are dribbling call out the different speeds and they should react accordingly. The coach should use #1 to rest the players, #2 for most of the time to perform moves and #3 for short bursts of speed (don't let them stay at this speed for more than a few seconds)
 - On your command or whistle, the players drop to the ground, perform a roll and get back up to resume dribbling
 - Shout out a number and ask them to respond with a more complex calculation (double the number, halve it, etc)

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Coaching Points:

- Players should always look for space
- Keep their head up
- Perform moves with right and left foot
- After performing a move, explode into new space with a burst of speed
- Try new things, challenge your players