



Dribbling Drills U9, U10, U11 – Checklist

60-minute training plan and nine practical drills

This document was provided by areacopa.com.

TEAM

DATE

COACH IN CHARGE

Equipment and setup

Before training starts, not during.

- Bring at least one ball per player
- Bring at least 12 cones (slalom and cone gates)
- Bibs or two bib colours for decision drills
- Water bottles ready at the touchline
- Equipment laid out on the sideline before training begins

Coaching ground rules to self-check

- Every player has their own ball
- No queue-line drills in the plan
- Instructions kept under two sentences, then demo
- Let them run for at least five minutes before correcting

Three U9 drills

- Cone slalom (alternate inside and outside foot)
- Traffic-light game red-yellow-green in a 15×15-metre square
- Shadow dribbling in pairs with a 60-second swap
- Use both feet, not only the strong one

Three U10 drills

- Cone-gate dribbling against the clock (60 seconds)
- 1-vs-1 with halfway line on 10×10 metres
- Four-goal game 4-vs-4, only dribble goals count
- Build in a competition element (group total or winner stays)

Three U11 drills

- 1-vs-1 from a running start with a two-second delay
- Dribbling course with decision point (Y with two gates)
- Overload dribbling 2-vs-1
- Ensure a pressure situation with a real opponent

60-minute U10 training plan

- 0 to 10 min: running ABC with ball and light traffic-light game
- 10 to 25 min: cone slalom plus cone-gate dribbling against the clock
- 25 to 28 min: water break and max. 90-second coaching note
- 28 to 50 min: 1-vs-1 with halfway line (5 to 6 rounds)
- 50 to 60 min: four-goal game as the closer
- Leave the final small-sided game open, do not blow the whistle

Avoid four typical mistakes

What first-time coaches most often get wrong.

- Keep explanations under two sentences
- Correct only at the end of a drill, not every 30 seconds
- Keep at least one ball per child in play
- At least 30 % of the session in a game form against an opponent

