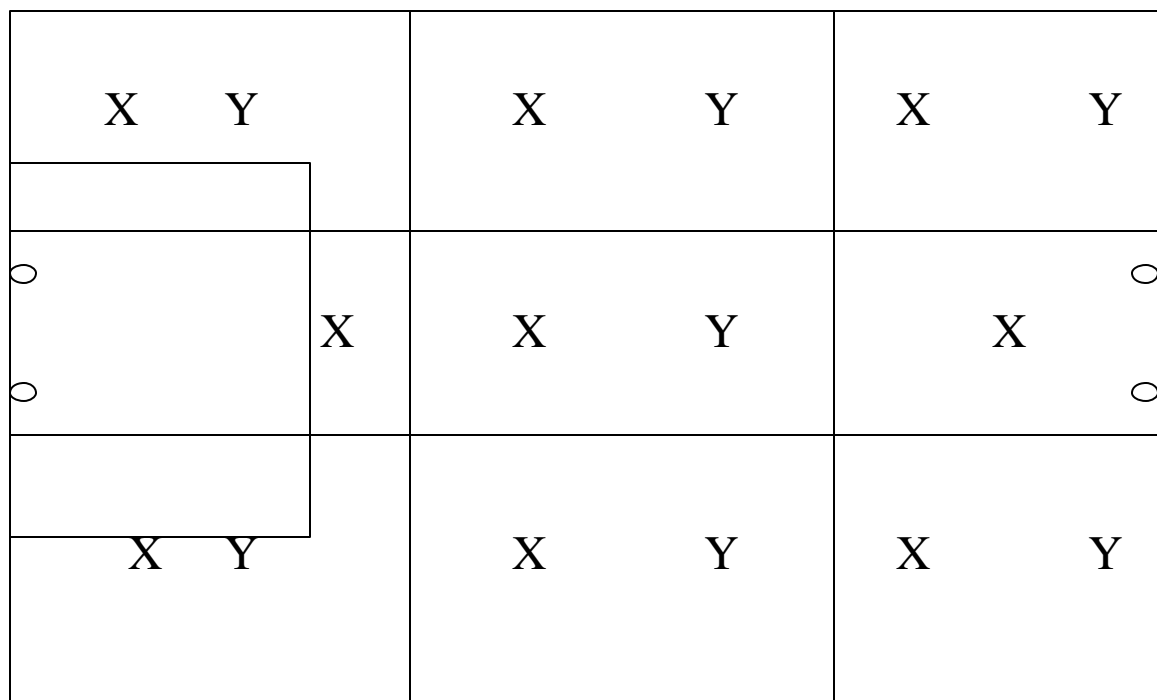


This will help with spacing defenders and attackers. You don't even have to use half a field, condense the game even more to promote having a better first touch. If you would like to help dribbling more then add a rule that the player with the ball can go anywhere on the field as long as they have control of the ball and they are dribbling.

Many of the players have just stepped up from the U10 fields and really don't realize how big the field is and how much space and time they actually have (or could have if they use the all of the space). So yet again it comes down to spacing and not herding around the ball. One way you can practice this is to play a half field scrimmage but players are restricted where they can go (see below). Players can only play within their grid; this will stop players from running to the ball. In some grids you can play 1v1, others 2v1 and in others play just 1 person.



In terms of dribbling with the ball in traffic, get them all with a ball and put them in a confined area where they will come into a lot of contact with other people. A 10 x 10 or a 20 x 20-yard area is usually good for this kind of thing. When they are in there get them to practice differ turns, looking up, using fakes to get away from players and taking lots of touches on the ball.

Try to encourage players to pass their way out of traffic rather than dribbling themselves and the ball into more trouble.