



NEW MEXICO
SOCCER ACADEMY

Date:	Week:
Topic: Dribbling/ Bob the builder	Duration:
Theme/Stage:	Extra Equip:
Level:	
Coach:	



Set Up: Bob the Builder
Lay out cones and balls in the construction site
All players must wear a hard hat (cone) on the construction site.
Players dribble their balls and do the following:

- 1) Players build houses by placing balls on cones (they can build whatever they want)
- 2) Players bulldoze houses by dribbling thru them

Progress to 2 teams. One builds while the other team bulldozes. Switch roles.

Web Link for video:

Coaching Points/ Questions

Technical:

How do you stop the ball when you need to build a house?
What is the best way to dribble the ball to bulldoze a house?
How can you avoid dribbling into debris from the houses?

Tactical:

Psychosocial:

Physical: How fast can you move while keeping your hard hat on?

To Adjust Difficulty:

Add time limit to build and bulldoze
Houses must be built a specific way and bulldozed by doing a specific thing with the ball

Notes: